Mindfulness, Healing and Empathy in Healthcare

Lecture and Roundtable Series: February 11th, 2016 – Lecture Hall 160

MINDFULNESS IN MEDICAL SCHOOL: THE ROCHESTER EXPERIENCE

Mick Krasner, MD, FACP, Professor of Clinical Medicine at the University of Rochester School of Medicine and Dentistry, practices primary care internal medicine in Rochester, New York. Dr. Krasner has been teaching Mindfulness-Based Stress Reduction to patients, medical students, and health professionals for more than 15 years, involving nearly 2000 participants, including over 700 health professionals. He is engaged in a variety of research projects including the investigations of the effects of mindfulness practices on the immune system in the elderly, on caregivers of Alzheimer disease patients, on chronic psoriasis, and on medical student stress and well-being. He was the project director of Mindful Communication: Bringing Intention, Attention, and Reflection to Clinical Practice, sponsored by the New York Chapter of the American College of Physicians and funded by the Physicians Foundation for Health Systems Excellence and reported in JAMA in September, 2009, and teaches Mindful Practice to medical educators in retreats and workshops worldwide. He is very interested in the connection between health professional well-being and the effectiveness of the healing relationship.

Dr. Krasner graduated from the University of California, San Diego School of Medicine in 1987 and completed his residency in both Internal Medicine and Pediatrics at the University of Rochester School of Medicine and Dentistry where he is currently a full-time faculty member engaged in direct patient care, medical student and residency education, post-graduate medical education, and research in the University’s Center for Mind-Body Research. He has shared his work in peer-reviewed publications, scientific assemblies, visiting professorships, workshops and retreats throughout the world, focusing primarily on the roots of Hippocratic medicine through the cultivation of attention, awareness, and reflection of the health professional-healing relationship. He describes his personal mission as centered on compassion in medicine- for the self and others, and envisions a personalized health professional-patient relationship where healing is truly bidirectional, care goals are mutually derived, and the uniqueness of the clinical encounter reflects this central act of mutual high regard.

NEXT LECTURE: Mindfulness, palliative care and the doctor-patient relationship
Anthony Back, MD (Oncology)
University of Washington Medical School
February 25th, Lecture Hall 160

Please visit our website:
www.brown.edu/go/mindfulness

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