Mindfulness and Compassion
Building Tools to Remain Calm and Steady with the Stresses of Healthcare

VIRTUAL LEARNING EXPERIENCE: OCTOBER 7, 2020

Instructors
Gail Gazelle, MD, MCC, CMCT
Dr. Gazelle is a former hospice physician, a part-time assistant professor of medicine at Harvard Medical School, and a master certified physician coach. Over the past decade, she has coached over 500 physicians on such topics as leadership development, burnout, conflict management, and mindfulness. She is also a certified mindfulness meditation teacher who trained with world-renowned educators Jack Kornfield and Tara Brach.


Paula Gardiner, MD, MPH, CMCT
Dr. Gardiner is an associate professor of Family Medicine and Community Health at UMass Medical Center. Dr. Gardiner is a longstanding mindfulness practitioner and a certified mindfulness meditation teacher who trained with world-renowned educators Jack Kornfield and Tara Brach. A renowned mindfulness researcher, Gardiner is currently focused on the adaptive role of an Integrative Medicine Group Visit, which combines mindfulness-based stress reduction and a medical group visit to support health behavior change and reducing pain and stress.

Course Description
Between pandemics, electronic medical records, and the emphasis on the bottom line, the pressures of a career in medicine have never been higher. Yet physicians learn little about how to work with the instrument used in all waking hours — the mind. We can get caught in worry, harsh self-judgment, and feeling like an imposter, and the busyness of our minds contributes to the high rates of physician burnout we’re seeing.

In this half-day course, you’ll gain practical strategies to quiet your mind and mastery over worries and self-doubt. You’ll learn about the neuroscience underpinning of mindfulness and meditation practice. You’ll practice with a variety of readily accessible mindfulness tools that will help you attain calm, clarity, and the balance you need to build resilience and avoid physician burnout.

This program includes follow-up sessions and resources to enforce and reflect on learning and utilization of strategies and practices.

Course Objectives
Upon completion of this educational activity, participants shall be able to:
- Define what mindfulness is and what it is not
- Explain the neuroscience benefits of mindfulness
- Incorporate the purposeful pause into their day
- Utilize meditation to increase calm and steadiness

Registration Fees
Massachusetts Medical Society (MMS) Physician Member: $100.00
MMS Resident/Student Member: FREE
Non-Member Physician: $190.00
Non-Members Resident/Student: $50.00
Allied Health Professional/Other: $80.00

Accreditation Statement
The Massachusetts Medical Society is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA Credit Designation Statement
The Massachusetts Medical Society designates this live activity for a maximum of 3.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity meets the criteria of the Massachusetts Board of Registration in Medicine for risk management study.

SPACE IS LIMITED!
To register for this event or for more information, please call 800.843.6356 or visit massmed.org/mindfulnessCME