

FACULTY TRAINING IN MIND-BODY MEDICINE

Educating for Enhanced Self-Awareness and Self-Care



Creating a Culture of Mindfulness

This experiential program provides faculty with the training, tools, and strategic thinking necessary to implement mind-body medicine skills groups in their institutions.

During a 3-day weekend retreat to Murphin Ridge Inn, participants will be introduced to mindful meditation, guided imagery, biofeedback, autogenic training, and other mind-body medicine techniques that can alleviate stress and foster self-awareness and self-care. Participants will experience the power of these approaches first-hand while learning how to lead mind-body skills groups for students and colleagues.

The training includes 7 group sessions, several individual activities, and short didactic presentations. Participants are provided with all course materials, enabling them to launch similar programs in their institutions after the retreat.

All safety precautions due to COVID-19 will be followed.

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Registration and Application:

<http://bit.ly/mindbodymay2021>

INFORMATION

WHEN: MAY 2-5, 2021

WHERE: MURPHIN RIDGE INN IN WEST UNION, OHIO

WHO SHOULD APPLY: FACULTY WHO WANT TO INITIATE AND LEAD MIND-BODY MEDICINE SKILLS GROUPS FOR STUDENTS AND COLLEAGUES

TUITION: \$3,500* INCLUDES COURSE MATERIALS, THREE NIGHTS' LODGING, THREE HEALTH-CONSCIOUS GOURMET MEALS DAILY, AND MORE THAN 140 ACRES OF GARDENS AND TRAILS

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ABOUT THE FACILITATORS

Sian Cotton, PhD



After completing her post-doctoral fellowship in behavioral medicine and clinical psychology at Cincinnati Children's Hospital Medical Center in 2002, Sian Cotton, PhD, became the Associate Director of the Center for Adolescent Health at Case Western Reserve University's School of Medicine. In 2004, Dr. Cotton returned home to UC's College of Medicine and joined the Department of Family and Community Medicine and Pediatrics as a health outcomes researcher.

As of 2013, Dr. Cotton serves as the Founding Director of the UC Center for Integrative Health and Wellness and UC Health's Integrative Medicine program. She has an active research lab with studies focused primarily on mind-body interventions and integrative medicine, practice-based research. Her research interests include complementary/integrative medicine, mindfulness, coping with chronic illness, health-related quality of life (HRQoL), and pediatric and adolescent health.

In 2007, Dr. Cotton was awarded a K23 career development grant by the National Institutes of Health to examine the role of spiritual coping and HRQoL in adolescents with a chronic illness. She regularly lectures to and serves as a research mentor to medical students, residents, and psychology graduate students. As a licensed clinical health psychologist, Dr. Cotton has worked with children, adolescents, and adults with a variety of medical and psychiatric conditions, including anxiety, depression, HIV, cancer, and asthma, with a particular interest on the impact of medical conditions on psychological and social functioning. A former Board member for the Academic Consortium of Integrative Medicine and Health, she is often invited to speak with community organizations and businesses, healthcare audiences, and academics about mind-body medicine for stress reduction, and preventative and wellness-based approaches to healthcare.

Aviad Haramati, PhD

Aviad "Adi" Haramati, PhD, is Professor of Physiology and Medicine and co-director of the Graduate Program in Complementary and Alternative Medicine at Georgetown University School of Medicine, with research interests in renal and electrolyte physiology. Currently his activities are more centered on medical education and rethinking how health professionals are trained, and he was recently named the founding director of a new Center for Innovation and Leadership in Education (CENTILE) at Georgetown. Dr. Haramati has taught medical and graduate students for over 30 years and received institutional and national awards for his teaching. He served on the Physiology Test Development Committee (USMLE Step 1) for the National Board of Medical Examiners.



Dr. Haramati is the past Vice-Chair of the Consortium of Academic Health Centers for Integrative Medicine and has chaired the Organizing Committee for the 2012 and 2014 International Research Congress on Integrative Medicine and Health, and the Planning Committee for the 2012 International Congress for Educators in Complementary and Integrative Medicine, held in Washington, DC in October 2012. His interests in integrative medicine focus on the use of Mind-Body Medicine Skills for stress management and in health professions education. Dr. Haramati was principal investigator of a five-year NIH grant that supported a broad educational initiative to incorporate CAM and integrative medicine into the four-year medical curriculum at Georgetown. He co-leads the faculty training program in Mind-Body Medicine at Georgetown University, the Institute for Integrative Health, and the University of Cincinnati.