Schedule

8:15  Registration and Breakfast
8:45  Welcome and Remembrance
9:00  “Mindfulness Meditation—What is it? And why is everyone talking about it?”
      Carol M. Greco, PhD
      Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine

9:30  “Unraveling the Mystery of Mindfulness: How Meditation Training Affects Physical Health”
      J. David Creswell, PhD
      Associate Professor of Psychology, Carnegie Mellon University

10:30 Morning Break
10:45 Experiential Program
      Carol M. Greco, PhD
      Gwynn D. Goldring, LCSW
      Deanna Burkett, MA, MS

11:30 Lunch
12:30 Keynote Address: “Talking to your Doctor: Trying to Understand What your Doctor is Thinking”
      Robert Arnold, MD
      Professor of Medicine, University of Pittsburgh School of Medicine

1:30  Q & A
1:45  Program ends

Continuing Education Credit

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 3.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals are awarded 0.33 continuing education units (CEU’s) which are equal to 3.5 contact hours.

Participation by all individuals is encouraged. Advance notification of any special needs will help us provide better service. Please notify us of your needs at least two weeks in advance of the program by calling Jeanette Adams, (412) 623-1203 or email cim@upmc.edu.

Faculty for this activity has been required to disclose all relationships with any proprietary entity producing health care goods or services.

The University of Pittsburgh, as an educational institution and as an employer, values equality of opportunity, human dignity, and racial/ethnic and cultural diversity. Accordingly, as fully explained in Policy 07-01-03, the University prohibits and will not engage in discrimination or harassment on the basis of race, color, religion, national origin, ancestry, sex, age, marital status, familial status, sexual orientation, gender identity and expression, genetic information, disability, or status as a veteran. The University also prohibits and will not engage in retaliation against any person who makes a claim of discrimination or harassment or who provides information in such an investigation. Further, the University will continue to take affirmative steps to support and advance these values consistent with the University’s mission. This policy applies to admissions, employment, and access to and treatment in University programs and activities*. This is a commitment made by the University and is in accordance with federal, state, and/or local laws and regulations. For information on University equal opportunity and affirmative action programs, please contact: University of Pittsburgh, Office of Affirmative Action, Diversity, and Inclusion; Carol W. Mohamed, Director (and Title IX, 504 and ADA Coordinator); 412 Bellefield Hall; 315 South Bellefield Avenue; Pittsburgh, PA 15260; 412-648-7860.

For complete details on the University’s Nondiscrimination Policy, please refer to Policy 07-01-03. For information on how to file a complaint under this policy, please refer to Procedure 07-01-03.

Sponsored by

UPMC Shadyside Center for Integrative Medicine
Departments of Family Medicine and Psychiatry
Western Psychiatric Institute and Clinic of UPMC
Shadyside Hospital Foundation
University of Pittsburgh School of Medicine Center for Continuing Education in the Health Sciences
and
The Family of Dr. Amy Ruth Stine

Saturday, April 12, 2014
Frick Fine Arts Building
Schenley Drive
Pittsburgh, PA 15260
Background

Amy Stine was a much beloved holistic family physician in the Pittsburgh area with a private practice addressing body, mind, and spirit. This workshop is offered in her memory and provides healing concepts for both the medical professional and the public.

Course Overview

Our keynote speaker will talk about how patients and physicians can enhance communication and understanding during office visits. Speakers will also address stress and impact on physical and mental health, mindfulness meditation, and mindfulness research, including brain imaging studies and immune changes. An experiential program at 10:45 will allow participants to practice some simple meditation and relaxation techniques. The public, health care consumers, and medical and mental health professionals are encouraged to attend.

Objective

Participants will leave the workshop with a greater understanding of the joint responsibility of health care practitioners and patients in using medical visits most effectively. Additionally, attendees will gain a greater understanding of the impact of stress on health and measures people can take to manage that stress.

Registration

Registration forms can be completed by fax, email, postal mail, or in person. Payment can be made by cash, check, or credit card. The deadline for registration is Friday, April 5, 2014. Call or email Jeanette Adams at 412-623-1203 or adamsjm@upmc.edu.

Registration Fees

$60 for those receiving continuing education credits
$20 for full-time students
$30 for all others

Speakers

Carol M. Greco, PhD

Dr. Greco is a licensed clinical psychologist at the UPMC Center for Integrative Medicine, and an Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine. She has devoted her career to mind-body research and integrative medicine treatment. Her research includes studies of mindfulness meditation, biofeedback, acupuncture, mind-body skills training, and assessment of non-specific factors that contribute to healing, with funding from the National Institutes of Health, the American College of Rheumatology, and the Arthritis Foundation. A meditator since the mid-1990’s, Dr. Greco directs and teaches the Mindfulness-Based Stress Reduction (MBSR) program at the Center for Integrative Medicine. Since 2004, over 550 individuals have participated in her MBSR courses.

J. David Creswell, PhD

Dr. Creswell is an Associate Professor of Psychology at Carnegie Mellon University. After he received his PhD in Social Psychology at UCLA, he completed a National Institutes of Health Post-Doctoral Fellowship at the Cousins Center for Psychoneuroimmunology, also at UCLA. His research centers on immune and neurological effects of stress and how one can modify these factors with mindfulness meditation and self-affirmation. He is a Fellow in the Life & Mind Institute and has received numerous honors including recently, the American Psychological Association’s Early Career Award.

Keynote Speaker

Robert Arnold, MD.

Dr. Arnold is a Professor of Medicine at the University of Pittsburgh School of Medicine, holds the Leo H. Creip Chair in Patient Care, and is the Chief of the Section of Palliative Care and Medical Ethics. He is the Director of the Institute for Doctor-Patient Communication at the University of Pittsburgh and a Co-director of the Institute to Enhance Palliative Care. A board-certified internist, he is clinically active in both HIV and palliative care. He has published extensively on ethical issues in end-of-life care, hospice and palliative care, doctor-patient communication, and on ethics education.

His current research interests are focused on educational interventions to improve communication in life-limiting illness and to understand how ethical precepts are implemented in clinical practice. He is a Past President of the American Academy of Hospice and Palliative Medicine and of the society for Health and Human Values.

His talk will be directed to both health care consumers as well as medical professionals, highlighting some of the challenges in helping patients to become engaged and more collaborative with the health care team.

For more information, contact:

Jeanette Adams
Center for Integrative Medicine
Phone: (412) 623-1203
Email: adamsjm@upmc.edu or cim@upmc.edu

Contributions in honor of Dr. Amy Ruth Stine and the annual Amy Stine Workshop on Holistic Medicine can be made payable to: Shadyside Hospital Foundation 532 S. Aiken Ave., Suite 302 Pittsburgh, PA 15232 Memo: Amy Stine fund or by calling the Shadyside Hospital Foundation at 412-623-6600.