

Mind-Body Medicine

A Harvard Medical School elective course
October 14th – December 14th, 2015

Mind-body medicine is an interdisciplinary field incorporating behavioral techniques whose popularity and therapeutic application is growing rapidly. The medical efficacy of approaches such as relaxation, meditation, yoga, tai chi, and guided imagery is the subject of increasing research.

Course Objectives:

- Provide an overview of therapies currently in use.
- Overview the research on mind-body medicine.
- Provide course participants with a direct experience through yoga, meditation, tai chi and other mind-body practice sessions.
- Provide information relevant to the efficacy and suitability of mind-body therapies for patients.
- Provide course participants with stress-coping behavioral skills to support their work and/or academic performance and enhance their professional development.

Course Structure:

16 sessions: Mondays & Wednesdays; 6:00pm; Harvard Countway Library.

1.25 hour lecture by expert faculty in mind-body medicine and a

1-hour mind-body practice class including yoga, tai chi, meditation, etc.

Course Details: ME729.0, Harvard Medical School. 1 Credit.

Credits: Evaluation for credits is based on attendance at lectures and classes.

Harvard, Tufts, & BU medical students can audit the course at no cost.

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Course Schedule: Oct. – Dec. 2015

(Minot Conference Room, Harvard Countway Library)

Date	Lecture (6:00 pm-7:15 pm)	Practice (7:30 pm-8:30 pm)
Wed. Oct. 14	Mind Body Medicine: Significance and Science <i>Greg Fricchione, MD, Professor of Psychiatry, Harvard Medical School (HMS)</i>	Concentrative/Closed Focus & Metta Meditations <i>Eric Jacobson, PhD, Lecturer on Global Health and Social Medicine, HMS</i>
Mon. Oct. 19	A Critique of American Medicine (Or, Why Mind Body Medicine Don't Get No Respect) <i>John Abramson, MD, Lecturer on Health Care Policy, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Wed. Oct. 21	The Relaxation Response <i>Herbert Benson, MD, Professor of Medicine, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Mon. Oct. 26	Research on Meditation and its Clinical Application <i>David Vago, PhD, Instructor in Psychiatry, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Wed. Oct. 28	Psychophysiology of Yoga Practice <i>Sat Bir Khalsa, PhD, Assistant Professor of Medicine, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Mon. Nov. 2 (Ballard Rm)	Psychological Principles at Work in the Clinical Effects of Mind Body Programs <i>James Carmody, PhD, Associate Professor of Medicine, University of Massachusetts Medical School</i>	Mind Body Practice: James Carmody, PhD
Wed. Nov. 4 (Ballard Rm)	Counterclockwise: Mindful Health and the Power of Possibility <i>Ellen Langer, PhD, Professor of Psychology, Harvard University</i>	Mindfulness as Lived / in Action <i>Mohsen Fatemi, PhD, Associate Professor of Psychology, Harvard University</i>
Mon. Nov. 9	Neurobiology of Yoga and Meditation <i>Sara Lazar, PhD, Assistant Professor of Psychology, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Mon. Nov. 16	Yoga as a Therapeutic Intervention <i>Sat Bir Khalsa, PhD, Assistant Professor of Medicine, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Wed. Nov. 18	Gene Expression in Mind Body Medicine <i>John Denninger, MD, PhD, Instructor in Psychiatry, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Mon. Nov. 23	Pursuing Placebo Effects <i>Ted Kaptchuk, BA, Professor of Medicine, HMS</i>	Yoga Practice: Sat Bir Khalsa, PhD
Mon. Nov. 30	The Therapeutic Effects of Tai Chi: An Overview of the Research Evidence <i>Peter Wayne, PhD, Assistant Professor of Medicine, HMS</i>	Tai Chi Practice: Peter Wayne, PhD
Wed. Dec. 2	Research Design in Mind Body Medicine <i>Lisa Conboy, MA, ScD, Clinical Instructor in Medicine, Beth Israel Deaconess Medical Center, (BIDMC)</i>	Tai Chi Practice: Peter Wayne, PhD
Mon. Dec. 7	Research on Qigong for Well-being and Medical Illnesses <i>Albert Yeung, ScD, MD, Associate Professor of Psychiatry, HMS</i>	Qi Gong Practice: Long Nguyen, PhD, MPH, Yamhill Community Care Organization
Wed. Dec. 9	Rapid Rapport, Hypnotic and Guided Imagery Techniques: Research and Practice <i>Elvira Lang, MD, President, Hypnalgesics, LLC</i>	Guided Imagery/Self-Hypnosis Practice: Elvira Lang, MD
Mon. Dec. 14	Clinical Application of Mind Body Medicine <i>Darshan Mehta, MD, MPH, Instructor of Medicine, HMS</i>	Instruction of Practices to Novice Patients: Darshan Mehta, MD, MPH