



Mindful Physician Leadership Program

(July 2014- July 2015)

Resource Toolkit

Mindful Leadership Training and Related Resources:

Institute for Mindful Leadership

The Institute offers retreats and workshops that train the mind's innate capability to be focused, see with clarity, cultivate creativity and embody compassion. www.instituteformindfulleadership.org

- Upcoming Mindful Leadership Retreats: <http://instituteformindfulleadership.org/retreats/>
- *Finding the Space to Lead: A Practical Guide to Mindful Leadership*
<http://www.FindingtheSpacetoLead.com> (Free meditation/reflection downloads)

Huff Post – Mindful Leadership

On the Mindful Leadership page, the Huffington Post -- in partnership with the Institute for Mindful Leadership -- shares insights and stories on what it means to be a mindful leader and how the practices of meditation can make an important difference in your work and personal life.

<http://www.huffingtonpost.com/news/mindful-leadership/>

Mindful Magazine – Mindful at Work

Mindful is an initiative that celebrates being mindful in all aspects of daily living—through [Mindful magazine](#), mindful.org, and social media. For those who want to be mindful and those who are interested in various forms of mindfulness practice, we offer a broad range of personal stories, news-you-can-use, advice, and insights. Check out Mindful Magazine resources on mindful leadership at work: <http://www.mindful.org/at-work/leadership>

Mindful Communication: Bringing Intention, Attention, and Reflection to Clinical Practice Curriculum Guide by Michael Krasner, MD and Ronald Epstein, MD

http://www.physiciansfoundation.org/uploads/default/NYACP_Mindful_Communication_Curriculum.pdf

The Mindful Workplace by Michael Chaskalson

This book offers a practical and theoretical guide to the benefits of Mindfulness-Based Stress Reduction (MBSR) in the workplace, describing the latest neuroscience research into the effects of mindfulness training and detailing an eight-week mindfulness training course.

<http://www.michaelchaskalson.com/Publications.php>

General Mindfulness Training Programs

UMass Medical School Center for Mindfulness

Mission: explore, understand, articulate and further mindfulness in the lives of individuals, organizations and communities through clinical care, rigorous scientific research, professional training, and informed public discourse.

- Mindfulness-Based Stress Reduction: <http://www.umassmed.edu/cfm/Stress-Reduction/>
- Oasis Institute Mindfulness-based Professional Education and Training: <http://www.umassmed.edu/cfm/training/>
- Special Programs: <http://www.umassmed.edu/cfm/Stress-Reduction/Special-Programs/>
- Center for Mindfulness Therapeutic Neuroscience Lab: <http://www.umassmed.edu/cfm/Research/>

UMass Medical School, Department of Psychiatry Mindfulness Webpage

Access information on education and training opportunities, mindfulness publications and research, and resources. <http://www.umassmed.edu/psychiatry/resources/mindfulness/>

- **Mindfulness Academic Interest Group:** The Mindfulness Academic Interest Group (AIG) brings together clinicians, educators, students, community members and researchers to share information and resources, collaborate on projects and research, and practice mindfulness meditation. The AIG also hosts several outside speakers each year. For more information about the AIG, contact Carl Fulwiler, MD, PhD at Carl.Fulwiler@umassmed.edu

MGH Benson-Henry Institute for Mind Body Medicine

The Benson-Henry Institute for Mind Body Medicine has developed Advanced Specialty Trainings. Access information on training opportunities and prerequisites for participation.

<http://www.bensonhenryinstitute.org/professional-training>

Cambridge Insight Meditation Center

CIMC, established in 1985, is a nonprofit, nonresidential urban center for the practice of insight meditation, located in the heart of Cambridge, MA, USA. Access information on programs offered, including workshops and scheduled practices. <http://www.cimc.info/>

UCLA Mindful Awareness Research Center

MARC's mission is to foster mindful awareness across the lifespan through education and research to promote well-being and a more compassionate society. Access information on classes and events. <http://marc.ucla.edu/>

Physician Mindfulness and Wellness Resources

University of Wisconsin, Department of Family Medicine

Mindfulness in Medicine: Improving Clinician and Community Health

Access online resources to support the well-being of physicians, medical students and their patients

www.fammed.wisc.edu/mindfulness

UCSD Center for Mindfulness: Mindfulness-Based Professional Training Institute

Access information on workshops and retreat-style professional trainings for physicians and other health professionals <http://mbpti.org/>

Free Guided Meditations

UC San Diego Center for Mindfulness: Guided Audio Files to Practice Mindfulness Based Stress Reduction: <http://health.ucsd.edu/specialties/mindfulness/mbsr/Pages/audio.aspx>

UCLA Mindful Awareness Research Center: <http://marc.ucla.edu/body.cfm?id=107>

INSIGHT Meditation Society: <http://www.dharma.org/resources/audio#guided>

Finding the Space to Lead: A Practical Guide to Mindful Leadership: Free meditation/reflection downloads: <http://www.FindingtheSpacetoLead.com>