Mindfulness in Medicine™

Building and sustaining a culture of health and well-being through mindfulness

Center for Mindfulness
in Medicine, Health Care, and Society

University of Massachusetts Medical School
Department of Medicine, Division of Preventive and Behavioral Medicine
Mindfulness in Medicine™ is designed to cultivate and integrate a culture of mindfulness in medical centers, academic communities and other care-focused organizations.

The primary goals of Mindfulness in Medicine™ are to:

• improve overall patient care
• strengthen clinician-patient relationships
• cultivate an internal culture of communication among all levels to improve the delivery of health care to patients and to improve the overall efficiency of organizational operations
• enhance employee health and wellbeing
• integrate mindfulness into all phases of relationship-based care

Developed by the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, this first-of-its-kind program is a continuation of our visionary force and global leadership in mindfulness and mind-body medicine. For over thirty-six years, the Center has pioneered the integration of mindfulness meditation and other mindfulness-based approaches into mainstream medicine, healthcare and research.

Carl Fulwiler, MD, PhD
Associate Professor Psychiatry and Medicine, UMass Medical School
Medical Director and Associate Research Director, Center for Mindfulness

umassmed.edu/cfm
Programs that can be customized to your needs

**Video Introductions to Mindfulness**
6-10 minute shorts or “tastes” of what mindfulness is with brief instructions.

**Introduction to Mindfulness**
2-hour introductory program to learn more about how mindfulness may help you or someone you care about

**Mindfulness@Work**
6-session, 1-hour per session course to teach mindfulness skills at work

**Mindfulness for Clinicians**
3-hour program for medical and behavioral professional, CEUs offered.

**Mindfulness@Work for Clinicians**
6-session, 1-hour per session course focused on the clinician environment at work

**Mindfulness-Based Stress Reduction (MBSR)**
10-session, 30 contact hours of in-depth instruction and experiential training to help manage stress, emotional and physical challenges, and improve self-care

**MBSR Online**
Online version of the Center’s 8-week MBSR program, offering the convenience of 24/7 access

**Mindfulness-Based RBC (M-RBC)**
4-6 session training that infuses the RBC curriculum with mindfulness-based tools, focusing on the cultivation of relationships, and development of communications and interpersonal skills in healthcare, CEUs offered

**Mindfulness-Based Cognitive Therapy (MBCT)**
10-session, 30 contact hours of in-depth instruction and experiential training designed to support those with recurring depression or anxiety

**Digital Therapeutics Mindfulness Apps**
Apps for mindfulness-based programs

**Integrated Mindfulness-Based Addiction Training**
This digital therapeutic course is integrated with an App that delivers over 30 short video modules to incrementally build mindfulness skills

**Mindfulness-Based Clinic Start-Up™**
Licensed model that provides a blueprint for gold-standard, evidence-based MBSR and MBCT clinic and research programs.
Mindfulness in Medicine™ is a structured Educational Suite of programs and courses for patients, employees, staff, medical and behavioral health professionals, and clinic start-ups

### Mindfulness in Medicine™ Educational Suite

<table>
<thead>
<tr>
<th>Program</th>
<th>Patients</th>
<th>Employees</th>
<th>Adjunct Staff</th>
<th>Medical Professionals</th>
<th>Behavioral Health Professionals</th>
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<td>Short “Introduction to Mindfulness” videos with exercises</td>
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