

Mindful Physician Leadership Program

Resource Toolkit

General Mindfulness Training Programs & Related Resources:

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/>
- Join the CFM Meditation Community / Weekly "Sit": <http://www.umassmed.edu/cfm/community/meditation-community/>

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. <https://cambridgeinsight.org/>

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/>

Mindful Self-Compassion

Mindful Self Compassion is an empirically-supported 8-week course designed to cultivate the skill of self-compassion. MSC is also available in a 5-day intensive format. It was developed by Chris Germer and Kristin Neff.

www.mindfulnesscompassion.org

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/>
- Learn how using purposeful pauses can help you connect to your best leadership qualities: *"What's Working: Taking a Pause to Lead with Excellence?"* by Janice Marturano, featured in Mindful Magazine at the following link: <http://www.mindful.org/at-work/what%E2%80%99s-working-taking-a-pause-to-lead-with-excellence>
- Finding the Space to Lead: A Practical Guide to Mindful Leadership <http://www.FindingtheSpacetolead.com> (Free meditation/reflection downloads)
- <https://instituteformindfulleadership.org/category/guided-meditation/>

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](http://www.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>

MindKind Institute: Lead by Wisdom

MindKind Institute offers innovative career development opportunities, including executive coaching, mindful leadership workshops and courses, as well as retreats; all with a focus in cultivating mindfulness and shaping leaders to lead with greater wisdom, power, and authenticity to influence purposeful and lasting change.

<http://www.mindkindinstitute.com/>

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>

Susan L. Woods – Mindfulness Based Professional Trainings (MBSR & MBCT)

<http://slwoods.com/professional-training/>

Related Articles:

Garms, E. (2013, March 8). *Practicing Mindful Leadership*. Retrieved from: <https://www.td.org>

Mindful Healthcare and Related Provider 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/>

Cambridge Health Alliance (CHA) Center for Mindfulness and Compassion (CMC)

CMC aims to enhance the health and well-being of CHA's diverse community by integrating mindfulness and compassion into health care. Learn more about their values, vision and current projects: <http://www.challiance.org/ForProviders/CMC.aspx>

Harvard Pilgrim's Mind the Moment Program

This program aims to help individuals tap into their own strength to manage stress, increase focus and stay healthy through enhancing moment to moment awareness. Access free guided sitting meditations, learning and practice videos to share with staff and patients, and more:

https://www.harvardpilgrim.org/portal/page?_pageid=213,265043&_dad=portal&_schema=PORTAL (requires a login)

The Science of a Meaningful Life Video Series: How to Sustain Compassion in Health Care

Robert McClure, LCSW discusses how mindfulness can help sustain compassion in health care workers.

- **Watch** his 2014 presentation at the GGSC's "Practicing Mindfulness & Compassion" Conference: <https://www.youtube.com/watch?v=qPDsH-AqCeY>
- **Read** his related article on "Sustaining Compassion in Health Care": http://greatergood.berkeley.edu/article/item/sustaining_compassion_in_health_care

FREE E-BOOK: Building Your Resilient Self: 52 Tips to Move from Physician Burnout to Balance

By Gail Gazelle, MD, FACP, FAAHPM. This resource addresses issues such as burnout, fatigue, loss of sense of purpose, and many other challenges physicians and physician leaders face on a daily basis, by providing tips for increasing resilience, career satisfaction, and fulfillment.

- **Download** your free copy here: <http://www.gailgazelle.com/tips-for-physicians-burnout-to-stress-relief/>

Related Articles:

- Fletcher, A. (2015, May 18). *How Mindfulness is Working Its Way Into My Life... and Into Addiction Treatment*. Retrieved from: <http://www.rehabs.com>
- Gregoire, C. (2015, January 23). *How Mindfulness Is Revolutionizing Mental Health Care*. Retrieved from: <http://www.huffingtonpost.com>

Mindful Teams & Organizations:

Related Articles:

- Heidrick, R. (2012, May 29). *How to Build a Better Team: Trust, Mindfulness, and Flexibility*. Retrieved from: <http://www.texasenterprise.utexas.edu>
- Seamon, T. (2012, March 10). *How to Increase Team Mindfulness*. Retrieved from: <http://hr.blognotions.com/2012/03/10/how-to-increase-team-mindfulness/>
- Skibola, N. (2011, February 1). *Mindfulness as a Tool for Organizational and Social Change*. Retrieved from: <http://www.forbes.com>

Free Guided Meditations:

- **UC San Diego Center for Mindfulness:** Guided Audio Files to Practice Mindfulness Based Stress Reduction: <https://health.ucsd.edu/SPECIALTIES/MINDFULNESS/PROGRAMS/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>

Free Apps to Support Personal Mindfulness Practice:

- Headspace: <https://www.headspace.com/headspace-meditation-app>
- MindKind: <http://www.mindkindinstitute.com/iphone-app/>
- Calm: <https://www.calm.com/>
- Stop, Breathe & Think: <http://stopbreathethink.org/>

Mindfulness in the Research Literature:

- Goyal, M., Singh, S., Sibinga, E. M., Gould, N. F., Rowland-Seymour, A., Sharma, R., ... & Haythornthwaite, J. A. (2014). Meditation programs for psychological stress and well-being: a systematic review and meta-analysis. *JAMA internal medicine*, 174(3), 357-368. <http://archinte.jamanetwork.com/article.aspx?articleid=1809754>
- Kahn MW. On taking notice – Learning mindfulness from (Boston) Brahmins. *The New England journal of medicine*. 2015;372(10):901-3. DOI: 10.1056/NEJMp1410397. <http://www.nejm.org/doi/pdf/10.1056/NEJMp1410397>
- McCabe Ruff, K., & Mackenzie, E. R. (2009). The role of mindfulness in healthcare reform: a policy paper. *Explore (NY)*, 5(6), 313-323. http://www.uphs.upenn.edu/pastoral/events/mackenzie_mccabe_explore_2009.pdf

- McCubbin, T., Dimidjian, S., Kempe, K., Glassey, M. S., Ross, C., & Beck, A. (2014). Mindfulness-Based Stress Reduction in an Integrated Care Delivery System: One-Year Impacts on Patient-Centered Outcomes and Health Care Utilization. *The Permanente Journal*, 18(4), 4–9. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4206164/>
- Shapiro, S. L., Astin, J. A., Bishop, S. R., & Cordova, M. (2005). Mindfulness-based stress reduction for health care professionals: results from a randomized trial. *International Journal of Stress Management*, 12(2), 164. <http://self-compassion.org/wp-content/uploads/publications/shapiro.study.pdf>

Additional Suggested Reading:

