About the Center for Mindfulness

For thirty years the UMMS Center for Mindfulness has taken a leadership role in pioneering the integration of mindfulness meditation and other mindfulness-based practices into mainstream medicine through clinical care, rigorous research, academic medical and professional education, and into the larger society through outreach to schools and corporations, public institutions and governmental agencies.

Founded by Jon Kabat-Zinn, PhD in 1979 as the Stress Reduction Clinic and guided by Saki F. Santorelli, EdD, MA for nearly a decade, the Center has built a robust local, regional, and international community of people from diverse walks of life including medical patients and healthcare professionals, researchers and educators, and people in the general populace whose lives have been touched, often powerfully and profoundly, by work of the Center. To date, more than 18,000 people, referred by more than 5,000 physicians and, as well, through self-referral, have completed the Center’s acclaimed Stress Reduction Program. Over 9,000 healthcare professionals and educators across five continents have participated in the Center’s professional education and training programs.

The work of the Center has been featured in the PBS Bill Moyer’s documentary, *Healing and the Mind* (viewed by 40 million people) on NBC *Dateline*, on ABC’s *Evening News*, *The Oprah Winfrey Show*, in numerous magazine, newspaper, and online articles and, most recently, in *Widening the Circle: Mindfulness in the World*, a film produced by the Center in celebration of its first 30 years.