## Non-Credit Elective Title

### Mind-Body Medicine in Theory and Practice

<table>
<thead>
<tr>
<th>Course Number</th>
<th>Location</th>
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| MDC 9931      | C and N Rooms
                Dean’s Conference Room
                RWJMS

### Elective Director(s)

**ANTHONY TOBIA, MD**

### Elective Faculty

**ANTHONY TOBIA, MD**

### Elective Contact

Periel Shapiro
RWJMS 2019

### Contact Phone/Fax/Email

**P H:** 718-744-4055
**Email:** ps819@rwjms.rutgers.edu

<table>
<thead>
<tr>
<th>Blocks Available</th>
<th>Duration/Weeks</th>
<th>Hours Per Week</th>
<th>Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Year</td>
<td>8-16 MIN; MAX</td>
<td>1</td>
<td>25-30 MAX</td>
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<thead>
<tr>
<th>Lectures/Seminars</th>
<th>Outpatient</th>
<th>Inpatient</th>
<th>Housestaff</th>
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<tbody>
<tr>
<td>Yes</td>
<td>No</td>
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<tr>
<th>Night Call</th>
<th>Weekends</th>
<th>Lab</th>
<th>Exam Required</th>
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<tbody>
<tr>
<td>No</td>
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### Overall Educational Goal:

1) To critically analyze and discuss the scientific literature on mindfulness in medicine.
2) To learn the attentional and self-regulatory skill of mindfulness through regular, formal meditation practice.
3) To explore how mindfulness might be applied as medicine, both as an intervention and in the context of the patient-doctor relationship.

### Objectives

I. Patient care
   - To build mindfulness skills so as to enhance the patient-doctor relationship via improved empathic communication and attentiveness.
   - To reaffirm in ourselves the altruistic, compassionate basis of medicine.

II. Medical knowledge
   - To learn about the current research on mindfulness, its limitations, and its future directions.
   - To understand the disease processes associated with biological stress

III. Practice-based learning and improvement
   - To hold bi-weekly group meditation sessions
   - To aim for daily personal meditation practice

IV. Interpersonal and communication skills
   - To improve attention and body-awareness so as to enhance verbal and non-verbal communication

V. Professionalism
   - To reaffirm the competence and compassion that is expected of the medical profession.

### Brief Description of Activities

The elective will consist of bi-weekly meetings and daily personal practice. The meetings will include a journal club on mindfulness in medicine. The primary mode of meditation will be sitting, but other exercises will be added in each session, including walking meditation, body scan, meditative yoga, mindful eating, and mindful conversation. Some lectures and presentations will be scheduled as well.

### Method of Evaluation

Self-reflections, attendance. Attendance will be monitored via an electronic sign-in form. Students must attend 6/8 sessions to receive a completion.