



Mindfulness-Based Medical Practice

An eight-week program for physicians and allied healthcare professionals offered since 2007

May 4 - June 22, 2018

Led by **PATRICIA DOBKIN**, Ph.D., Certified MBSR Instructor

Co-author of *Mindful Medical Practitioners:*

A Guide for Clinicians and Educators (Springer, 2016)

Fridays, 4:00-6:30 pm, at Montreal Institute of Applied Mindfulness

6000 chemin de la Côte-des-Neiges, Suites #110-115, Montreal

Retreat Day: June 9, 2018; 10:00 am - 4:00 pm

Cost: \$750.00 (for M.D.s), \$600.00 (for Ph.D.s, R.N.s, allied healthcare professionals).

Insurance receipts will be issued by Dr. Dobkin (clinical psychologist).

This program in Mindfulness-Based Medical Practice, designed to foster well-being in health care professionals, is modeled after the University of Massachusetts Medical School Mindfulness-Based Stress Reduction Program. Our program has been offered to health care professionals for the past 11 years. The program teaches participants to use their innate resources and abilities to respond more effectively to stress. It includes intensive training in mindfulness meditation and its integration into the challenges of daily life and medical practice.

This continuing education activity in psychotherapy is recognized by Ordre des psychologues du Québec. Recognition number: RA02379-18 (20 hours).

MCGILL PROGRAMS IN WHOLE PERSON CARE

3640 University Street, Strathcona Anatomy & Dentistry Building, Room: M/5, Montreal, Quebec H3A 0C7
For information and registration: 514-398-2298, angelica.todireanu@mcgill.ca, www.mcgill.ca/wholepersoncare/medicalpractice/.