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Physician Mindfulness CME Objectives, Resources and Citations

“The goals of meditation overlap with many of the objectives of clinical psychology, psychiatry, preventive medicine and education.” ~Richard Davidson & Antoine Lutz

**“Mindfulness helps us recover from the home-sickness that arises from being outside ourselves so long and from standing apart from each other so often.
Mindfulness moves us back into *being in-relationship-with.*” ~Jerome Front**

CME Learning Objectives:

Upon completion, participants will be able to:

- 1) Summarize two primary ways that mindfulness enters the physician-patient relationship.
- 2) Describe and perform foundational elements of mindfulness meditation for stress management.
- 3) Discuss how practicing mindfulness experientially increases professional competency in teaching it to patients.

Citations, References, Resources: Mindfulness Training for Physicians, with on-line links

A deep understanding of mindfulness, as well as clinical competency with it grows almost exclusively out of a provider’s own first-hand knowledge from regular meditation study and practice. From this perspective, mindfulness is best experienced as a way of being, rather than a set of techniques. In addition to the following resources, you are warmly invited to join us for active learning via one of our mindfulness classes our mindfulness retreats. Email us for more information.

1) [Mindfulness for Pediatrics: Evidence-Based Resources](#) Margot G. Malachowski [Journal Of Consumer Health On The Internet](#) Vol. 19 , Iss. 1,2015

2) "Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study"
Ann Fam Med September/October 2013 vol. 11 no. 5 412-420 On-line
link: <http://www.annfammed.org/content/11/5/412.full>

3) "A Multicenter Study of Physician Mindfulness and Health Care Quality” Ann Fam Med September/October 2013 vol. 11 no. 5 421-428 On-line
link: <http://www.annfammed.org/content/11/5/421.full>

4) Front, J. (2007). *Are we becoming contemplatives: Mindfulness meditation as the integrative element in professional training.* Unpublished Manuscript presented at the “Mindfulness and Psychotherapy: Cultivating Well-Being in the Present Moment” featuring Thich Nhat Hanh and Daniel Siegel, MD, at University of California- L.A. (Email us for a copy)

Citations: Mindfulness Training for Physicians, with on-line links (continued)

- 5) Front, J. *A Quiet Revolution: Therapists are learning a new way to be with their clients*; Psychotherapy Networker. 2008 cover story; 32 (1) pp 29-34.
- 6) Kabat-Zinn, J. (1990) 9 (2009 – 15th Anniversary Edition) *Full Catastrophe Living: Using the wisdom of Your body and mind to face stress, pain and illness*. New York: Dell.
- 7) Kabat-Zinn, J. (2003a). Mindfulness-Based Interventions in Context: Past, present and future. *Clinical Psychology: Science and Practice*, 10(2), 144-156.
- 8) Kabat-Zinn, J. (2003b). *Coming to Our Senses: Healing ourselves and the world through mindfulness*. New York: Hyperion.
- 9) Krasner MS, Epstein RM, Beckman H, et al. Association of an educational program in mindful communication with burnout, empathy, and attitudes among primary care physicians. *JAMA*. 2009;302 (12):1284–1293. [CrossRefMedlineGoogle Scholar](#) Ludwig DS, Kabat-Zinn. 10) Mindfulness in Medicine *JAMA*. 2008;300(11):1350–1352.
- 10) Santorelli, S. (2000, Reprint Edition) *Heal thy self: Lessons on mindfulness in medicine*. New York: Harmony Publishing
- 11) Shanafelt TD, Boone S, Tan L, et al. Burnout and satisfaction with work-life balance among US physicians relative to the general US population. *Arch Intern Med* 2012;172(18):1377–1385. [CrossRefMedlineGoogle Scholar](#)
- 12) Wallace JE, Lemaire JB, Ghali WA. Physician wellness: a missing quality indicator *Lancet*. 2009;374(9702):1714–1721. [CrossRefMedlineGoogle Scholar](#)