Mind-Body Medicine
Mini-Elective
Spring 2010

Course Dates: January 22, 29, February 5, 12, 19, 26
Fridays, 1:30—3:30 PM

Maximum Students: 20

Class Year: MS1 and MS2

Course Director: Ronald Glick, MD
Judith Balk, MD, MPH

Contact Information: Ronald Glick, MD
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Judith Balk, MD
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Registration: Betsy Nero, Office of Medical Education
betsy@medschool.pitt.edu

Description:
This six-session mini-elective will introduce students to an evidence-guided approach to the incorporation of mind-body approaches into an integrative approach to patient care. The course will cover the physiology of stress and the relaxation response as well as specific approaches that can be taken. Sessions will include: review of articles pertinent to each topic, discussion of integration of the approach to treating common clinical conditions, and each session will include an experiential component. Topics covered will include:

- The science behind mind-body medicine, including the stress response & the relaxation response
- The Mindfulness Based Stress Reduction program developed by Dr. Jon Kabat-Zinn
- Guided Imagery & Hypnosis
- Autogenics & Progressive Muscle Relaxation
- Biofeedback, Heart Rate Variability, and autonomic physiology
- Prayer, religious observance, and spirituality

Objectives:
- Gain familiarity with issues around research methodology for studies on mind-body approaches.
- Develop an understanding of the physiologic response to stress including its potential impact on disease states and the health promoting effect of mind-body interventions.
- Reflect on personal self-care as it impacts on one’s ability to effectively communicate the importance for change with patients, particularly in the area of stress management.

Requirements:
1. Actively participate in all 6 course sessions
2. Students will be responsible for reading selected articles and using other independent learning methods to acquaint themselves with the research basis before each session. Each student will be required to present at least 1 article.
3. Students will be encouraged to identify a goal—e.g. decrease pain, improve sleep, decrease stress related eating; and employ a mind-body approach to assist in this area.
Course Outline
Mind-Body Medicine

Course Directors:
Ronald Glick, MD
Judith Balk, MD, MPH

Faculty:
Judith Balk, MD, MPH
Department of OB, Gyn, and Reproductive Services

Ronald Glick, MD
Departments of Psychiatry, Physical Medicine and Rehabilitation, and Family Medicine

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Location:
All sessions: Scaife Hall Rooms 472 A&B

Course Outline—forthcoming

Week 1—January 22, 2010
Week 2—January 29, 2010
Week 3—February 5, 2010
Week 4—February 12, 2010
Week 5—February 19, 2010
Week 6—February 26, 2010

Pre-Requisites: None