

Mindfulness in Health Care Track

Session 3: 1:15-2:30pm

Name, Title, Affiliation:

Mary Danca, MD

Title of session:

The Mindful Provider

Brief description of session:

What has mindfulness meant to you? Has it changed your life in some significant way? As a result, have you felt the desire to share what you experienced with others in similar circumstances? This workshop will present an example of just that. It will describe how mindfulness was made accessible to others within one small “society” – that of medical providers. The nuts and bolts of developing and organizing the class “The Mindful Provider” will be shared. The goal is to inspire others to imagine how they can spread the gift of mindfulness within their own areas of expertise.