

PARTICIPATORY MEDICINE:

Mindfulness-Based Interventions Through the Lens of Public Health — Moving the Bell Curve.



MEL AND ENID ZUCKERMAN
COLLEGE OF
PUBLIC HEALTH

Friday, March 7, 2014

5:30 pm in DuVal Auditorium

The University of Arizona Medical Center, University Campus
1501 N. Campbell Avenue, Tucson Arizona

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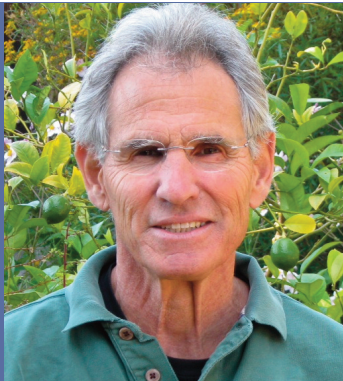
MINDFULNESS-BASED STRESS REDUCTION (MBSR) was conceived as a novel public health intervention, a vehicle for developing a more participatory medicine in which the patient plays an essential and active role in his or her movement to greater health and wellbeing. Dr. Kabat-Zinn will present the rationale for the development of MBSR and pay tribute to Dr. Dalen, under whose leadership this intervention was piloted, studied, and ultimately, disseminated world-wide.

Scientists have been able to prove that meditation and rigorous mindfulness training can lower cortisol levels and blood pressure, increase immune response and possibly even affect gene expression. Scientific study is also showing that meditation can have an impact on the structure of the brain itself. Building on the discovery that brains can change based on experiences and are not, as previously believed, static masses that are set by the time a person reaches adulthood, a growing field of neuroscientists are now studying whether meditation—and the mindfulness that results from it—can counteract what happens to our minds because of stress, trauma and constant distraction. The research has fueled the rapid growth of MBSR and other mindfulness programs inside corporations and public institutions. *TIME*, 02/03/2014

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The James E. Dalen Distinguished Lecture for Health Policy

The endowment for the James E. Dalen Distinguished Lecture for Health Policy supports a series of visiting professors in health policy. These distinguished scholars offer lectures and discussions to our campus community and to the public on local, state, national and international health policy issues and connect the academic world with the "real World" of public health.



Dr. Jon Kabat-Zinn is founding executive director of the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. He is also the founding director of its renowned stress reduction Clinic and Professor of Medicine emeritus at the University of Massachusetts Medical School. He travels around the world teaching mindfulness and MBSR to others.

Kabat-Zinn is the author of numerous scientific papers on the clinical applications of mindfulness in medicine and health care, and popular books including *Full Catastrophe Living*; *Using the Wisdom of Your Body and Mind to Face Stress: Pain and Illness*; *Where ever You Go, There you Are: Mindfulness Meditation in Everyday Life*; *Coming to our Senses: Healing ourselves and the World Through Mindfulness*. His books have been translated into more than 30 languages.

PARKING IS AVAILABLE in the University of Arizona Medical Center – University Campus Visitor/patient parking garage. The fee is \$1.50 per hour, cash only. Free parking is available after 5 p.m. in the UA Zone 1 permit and metered parking lot 2030, just south of the parking garage at East Mabel Street and Martin Avenue.