



Integrative Medicine Grand Rounds

presents

Quantitative and Qualitative Assessment of Mindfulness-Based Stress Reduction



Aleezé Sattar Moss, PhD

Presenter:

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Aleezé Sattar Moss, PhD is a leading mindfulness instructor and research associate at the Jefferson-Myrna Brind Center of Integrative Medicine. She has extensive clinical and research expertise in mindfulness-based stress reduction (MBSR), with particular interest in quantitative research.

Overall Goals and Objectives:

1. Identify recent advances in integrative medical care and discuss their application to clinical practice.
2. Describe the latest data on complementary and alternative medical therapies that could improve patient outcomes.
3. Discuss core integrative medicine topics that patients frequently ask physicians about.

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians. Jefferson Medical College designates this live activity for a maximum of 1 AMA PRA Category Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

February 5 , 2013 8 – 9 a.m.

925 Chestnut Street

2nd Floor Conference Room

**For more information,
please call 215-955-3014.**