



**Jefferson**<sup>™</sup>  
HEALTH IS ALL WE DO

**Myrna Brind Center of Integrative Medicine  
Grand Rounds - February 3, 2015  
8:00 - 9:00 AM - 925 Chestnut Street, 2<sup>nd</sup> Floor Board Room**

**Presenter: Diane Reibel, Ph.D.**



### **“Mindfulness in the Workplace: Current Research”**

Dr. Reibel is Clinical Associate Professor in the Department of Emergency Medicine, Sidney Kimmel Medical College at Thomas Jefferson University and Director of the Mindfulness Institute at the Myrna Brind Center of Integrative Medicine, Thomas Jefferson University Hospital. She has been teaching mindfulness-based stress reduction for over 20 years in health care, educational and corporate settings. Dr. Reibel’s research on mindfulness is published and widely cited in both scientific journals and the popular press.

#### **Overall Goals and Objectives:**

Identify recent advances in integrative medical care and discuss their application to clinical practice.

Describe the latest data on complementary and alternative medical therapies that could improve patient outcomes.

Discuss core integrative medicine topics that patients frequently ask physicians about.

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