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Titolo	Mindful Medical Practitioners : A Guide for Clinicians and Educators // by Patricia Lynn Dobkin, PhD, Craig Stephen Hassed
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2016
ISBN	3-319-31066-6
Edizione	[1st ed. 2016.]
Descrizione fisica	1 online resource (133 p.)
Disciplina	610
Soggetti	Practice of medicine Medical education Complementary medicine Practice and Hospital Management Medical Education Complementary & Alternative Medicine
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	Why Teach Mindfulness to Clinicians? -- Scientific Underpinnings and Evidence Pertaining to Mindfulness -- Applied Mindfulness in Medicine -- How Mindfulness Has Been Integrated Into Three Medical School Curriculums -- Steps for Starting and Sustaining Programs -- Program Delivery -- Educating Teachers -- Future Directions, Culture and Caveats for Mindfulness in Medical Settings.
Sommario/riassunto	Following up on Mindful Medical Practice, this book describes in detail how mindfulness is being taught to medical students, residents, practicing physicians, and allied health care professionals. Steps to set up and integrate programs into curricula are featured and educators' questions concerning practical aspects of doing this work are addressed. The argument on how to promote the kinds of leadership and cultural changes necessary are also discussed along with the many challenges facing health professionals in multiple settings. Mindful Medical Practitioners is an invaluable resource that raises interest, provides a rationale and details how to integrate mindfulness into

clinical work and serves as a guide for those qualified to teach it.
