

Relieving Physician Burnout Will be a Major Focus of The American Meditation Institute's 7th Annual CME Conference on Meditation and Yoga

Relieving physician burnout through meditation, gentle yoga, diaphragmatic breathing and Ayurveda will be a major focus of [The American Meditation Institute's](#) (AMI) seventh annual mind/body medicine 30 credit hour CME conference on November 3-7, 2015 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled ["American Meditation: The Heart and Science of Yoga."](#) this comprehensive physician mind/body medicine training is accredited through the [Albany Medical College Office of Continuing Medical Education](#).

Averill Park, NY ([PRWEB](#)) May 19, 2015 -- Relieving physician burnout through meditation, gentle yoga, diaphragmatic breathing and Ayurveda will be a major focus of The American Meditation Institute's (AMI) 7th Annual CME Conference on Meditation and Yoga Science. Entitled "The Heart and Science of Yoga, this comprehensive physician mind/body medicine training is accredited through the Albany Medical College Office of Continuing Education. A special lecture on how to use yogic practices will be presented by long time meditators Beth Netter MD, Tony Santilli MD and Prashant Kaushik MD.

In an article published in a recent issue of the [Burnout Research](#) journal, Anthony Montgomery, associate professor in the Psychology of Work and Organizations at the University of Macedonia in Greece, argues that the way doctors are trained may set them up for a career of high-stress situations. One possible consequence of the high-stress can be a decrease in the quality of care that physicians provide.

Professor Montgomery maintains that that while physicians interact with people every day, their medical training and their worth as healthcare professionals are focused almost entirely on their technical capabilities, leaving them with few tools for understanding and navigating social relationships. "The irony is that doctors are the one group of people we don't want to be stressed; yet we are increasing the possibility for them to make mistakes," says Montgomery. In his practice, for example, Montgomery observes that his colleagues admitted to learning communication and teamwork skills only once after beginning their medical practice.

This 7th annual "American Meditation Institute: The Heart and Science of Yoga" CME conference is dedicated to providing quality, comprehensive and evidence-based education to physicians and other health care providers. The curriculum will provide easy-to-use, practical tools to prevent and reverse the debilitating causes and effects of physician burnout. Additional curriculum lectures include mantra meditation, diaphragmatic breathing, easy-gentle yoga, Yoga psychology, chakra system therapy, mind function optimization, epigenomics, Ayurveda, nutrition, functional medicine, and lymph system detoxification.

Each faculty member at this year's CME conference is committed to the advancement and training of Yoga Science as holistic mind/body medicine. Presenters will include program director [Leonard Perlmutter](#), AMI founder, meditational therapist and award-winning author; Mark Pettus MD, Director of Medical Education and Population Health at Berkshire Health Systems; Susan Lord MD, faculty member and holistic health consultant for Kripalu Center for Yoga and Health; Kathie Swift MS, RDN, LDN, integrative nutrition educator and practitioner and founding member of the Institute for Functional Medicine Nutrition Advisory Board; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Rosy Mann BAMS, Ayurvedic practitioner specializing in women's health and senior faculty member of Kripalu School of Ayurveda; Prashant Kaushik MD, board-certified rheumatologist and Interim Rheumatology Program Director for the Albany Medical



Center and Stratton VA Hospital; Anthony Santilli MD, board-certified pulmonologist and critical care specialist practicing in Amsterdam and Schenectady, New York; and Jenness Cortez Perlmutter, co-founder and faculty member of The American Meditation Institute.

Since 1995, program director Leonard Perlmutter has lectured extensively on the health benefits of meditation and yoga as mind/body medicine, including talks at the M.D. Anderson Cancer Center, Albany Medical Center, Stratton VA Medical Center, Berkshire Medical Center, University of Colorado Medical School, University of Wisconsin School of Nursing, Washington University Medical School, the United States Military Academy at West Point, and the Commonwealth Club of California. He also served on a distinguished New York Times panel of Yoga experts with Dr. Dean Ornish. Noted physicians Mehmet Oz (Dr. Oz), Dean Ornish, Bernie Siegel and Larry Dossey have endorsed Mr. Perlmutter's treatise on Yoga Science, which serves as the primary curriculum for the conference.

According to Perlmutter, "The more consistently the therapeutic practices of meditation and yoga are incorporated into the daily lives of physicians and patients, most symptoms of stress related burnout and chronic complex diseases can be diminished or eliminated." Joel M. Kremer, MD, who is Board Certified in Internal Medicine and Rheumatology in Albany, New York and a recent AMI conference participant, fully agrees: "This teaching has been an enormous benefit in my personal and professional life. I have less stress, more focus, and am able to serve my patients with greater clarity. It becomes surprisingly easy now to recognize the many clinical situations in which patients with somatic manifestations of 'dis-ease' could greatly benefit from Yoga Science."

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About the American Meditation Institute

The American Meditation Institute is a 501(c)3 non-profit educational organization devoted to the teaching and practice of Yoga Science, meditation and its allied disciplines as mind/body medicine. In its holistic approach to wellness, AMI combines the healing arts of the East with the practicality of modern Western science. The American Meditation Institute offers a wide variety of classes, retreats, and teacher training programs. AMI also publishes "[Transformation](#)" a bi-monthly journal of meditation as holistic mind/body medicine. Call 800.234.5115 for a mail or email subscription.

Media Contact:

Robert Washington
60 Garner Road, Averill Park, NY 12018
Tel: 800-234-5115
Fax: 518-674-8714



Contact Information

Robert Washington

American Meditation Institute

<http://www.americanmeditation.org>

+1 (518) 674-8714

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