

CME Conference to Teach How Meditation and Yoga Techniques Can Reduce Physician Burnout while Providing Patients Mind/Body Medicine Tools for Self Care

Physician burnout and patient self care will be topics discussed at [The American Meditation Institute's](#) (AMI) seventh annual mind/body medicine CME conference on meditation and yoga 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](#)) June 02, 2015 -- Physician burnout and patient self-care will be topics discussed at The American Meditation Institute's (AMI) seventh annual mind/body medicine CME conference on meditation and yoga 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](#).

"Physician burnout is on the rise!" That's according to a 2014 report by Jeff Burger in the [Gallup Business Journal](#). According to Burger, "Approximately 42 percent, or four in ten physicians, report feeling dissatisfied in their medical practice."

Even though doctors tend to be a physically healthy group, Carol Cassella, MD, board certified in both internal medicine and anesthesiology, sadly admitted in a June, 2014 [Wall Street Journal](#) blog that, "We don't always manage our mental health with the same vigilance and compassion that we offer our patients. Doctors suffer from career burnout at higher rates than their college educated peers, and depression and suicide rates exceed the norm--particularly among young doctors still in training."

And the problem is not just with U. S. physicians. According to Brian Goldman, MD of the Schwartz Reisman Emergency Centre at Mount Sinai Hospital in Toronto, Ontario, Canada, an increasing number of Canadian doctors are riding the express lane to burnout. According to Goldman, "Burnout is a problem that affects established physicians and a disturbing number of ones just starting out." Commenting on a June, 2014 editorial published in the [Canadian Medical Association Journal](#) Goldman states "the rate of burnout among Canadian medical residents is an astonishing fifty percent. One out of every two young MDs just starting out suffers from burnout. Burnout is defined by three characteristics: it means they're exhausted emotionally, they feel as if they have accomplished nothing, and tend to withdraw both from patients and colleagues. The figure of fifty percent of residents is true for all specialties and for all years of residency--from the greenest rookie to the senior fellow who is about to embark on a career as an attending physician or surgeon."

As part of its "Yoga of Medicine" program, this AMI conference is dedicated to providing quality, comprehensive and evidence-based education to physicians and other health care providers. This CME course will offer a broad curriculum of Yoga Science as mind/body medicine to ward off stressful burnout and disease. Topics include mantra meditation, diaphragmatic breathing, Yoga psychology, chakra system therapy, mind function optimization, nutrition, Functional Medicine, Epigenomics, Ayurveda, easy-gentle yoga 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 faculty 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, Mr. 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.

According to AMI founder Leonard Perlmutter, "The more consistently the therapeutic practices of meditation and yoga are incorporated into 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, is in full agreement. "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."

In addition to Dr. Kremer, numerous medical pioneers and healthcare professionals such as [Mehmet Oz MD](#), Dean Ornish MD and Bernie Siegel MD have also endorsed AMI's core curriculum. Previous [conference attendees](#) have also noted that the material presented has made a beneficial impact toward their personal and professional efforts at self-care.

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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: 518-674-8714
Fax: 518-674-8714



Contact Information

Robert Washington

American Meditation Institute

<http://www.americanmeditation.org>

+1 (518) 674-8714

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