

Preventing and Relieving Physician Burnout with Meditation, Yoga and Diaphragmatic Breathing to be Taught at American Meditation Institute's 7th Annual CME Conference

Preventing and relieving physician burnout through meditation, gentle yoga, diaphragmatic breathing and Ayurveda will be a major theme at [The American Meditation Institute's](#) (AMI) sixth annual mind/body medicine 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](#)) June 16, 2015 -- Preventing and relieving physician burnout through meditation, gentle yoga, diaphragmatic breathing and Ayurveda will be a major theme at The American Meditation Institute's (AMI) sixth annual mind/body medicine 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.

According to an article published in the April 2014 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. And the consequences may be hurting the care they provide patients.

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 skills like communication and teamwork on the job, after they left medical school.

This 7th annual "American Meditation: 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. This curriculum will teach easy-to-use, practical tools to prevent and relieve the debilitating causes and effects of physician burnout. Topics include mantra meditation, diaphragmatic breathing, easy-gentle yoga, Yoga psychology, the chakra system as a diagnostic tool, 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 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 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, 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.

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 (518) 674-8714 for a mail or email subscription.

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