

## **Albert Einstein: Physician Burnout Can Be Prevented and Relieved**

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AVERILL PARK, NY ([PRWEB](#)) June 27, 2017 -- To help reverse the national trend of physician burnout, The American Meditation Institute's (AMI) ninth annual CME conference will be held on October 24-28, 2017 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled "The Heart and Science of Yoga," this 30 CME curriculum on Yoga Science as holistic mind/body medicine will offer training to prevent and relieve physician burnout--in part by correlating the vision of Albert Einstein with the benefits of a daily meditation practice. The training is accredited through the [Albany Medical College](#) Office of Continuing Medical Education.

[The American Meditation Institute](#) founder Leonard Perlmutter claims that theoretical physicist Albert Einstein provides an important clue to understanding how physicians and other healthcare providers can prevent and relieve burnout symptoms when he wrote that, "A problem cannot be solved on the level at which it appears; it must be solved on a higher level." According to Perlmutter, "The daily practice of AMI Meditation and its allied disciplines make it possible to access and employ a 'higher level' of intuitive knowledge from the superconscious portion of the mind that can enable individuals to make creative, stress reducing and health affirming lifestyle choices."

According to a recent microsurvey by [InCrowd](#), a provider of real-time market intelligence to life sciences and healthcare firms, "57% of the primary care and emergency medicine doctors surveyed said they have personally experienced burnout, and an additional 37% of respondents said that while they personally hadn't experienced burnout, they knew others who had."

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 has been specifically designed to provide easy-to-use, practical, yogic tools to [prevent and relieve physician burnout symptoms](#). The broad range of lectures at this year's ninth annual conference to help physicians prevent and relieve burnout will include: AMI Meditation, diaphragmatic breathing, easy-gentle yoga, Yoga psychology, the chakra system as a diagnostic tool, mind function optimization, Epigenomics, neuroplasticity, trauma, PTSD, Ayurveda, food as medicine, lymph system detoxification and Functional Medicine.

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, philosopher and award-winning author; Mark Pettus MD, Director of Medical Education and Population Health at Berkshire Health Systems; Anthony Santilli MD, board-certified in Pulmonary and Critical Care Medicine; Prashant Kaushik MD, board-certified Rheumatologist; Sara Lazar PhD, instructor in the Department of Psychiatry at Harvard Medical School and Associate Researcher in the Psychiatry Department at Massachusetts General Hospital; Susan Lord MD, a private practice holistic physician focusing on prevention and treatment, and former course director for the The Center for Mind/Body Medicine's "Food As Medicine" program in Washington, DC; Jesse Ritvo MD, Assistant Medical Director, Inpatient Psychiatry,

University of Vermont Health Center; Beth Netter MD MT, holistic physician and acupuncturist, Albany, NY; Jyothi Bhatt BAMS, Ayurvedic practitioner and faculty member of Kripalu School of Ayurveda and Physician's Assistant at New York Presbyterian/Weill Cornell Medical Center; Gustavo Grodnitzky PhD, noted author and psychologist and Chair of The American Meditation Institute's Psychological Education Department; and Jenness Cortez Perlmutter, faculty member of The American Meditation Institute.

According to Board Certified pulmonologist and critical care physician Tony Santilli MD, "Physicians today are subjected to an unprecedented number of significant stressors: overwork, cumbersome regulation, electronic medical records and coding requirements, medical liability, on-call issues, lack of sleep, politics, and frustrations with the reimbursement structure. By learning to practice Yoga Science and AMI Meditation as mind/body medicine, healthcare professionals can improve job satisfaction and work/life balance, while reducing and preventing burnout symptoms of anger, depression, anxiety and exhaustion.

In 2007, AMI conducted a retrospective case study of participants who completed Leonard Perlmutter's "Heart and Science of Yoga®" curriculum. The findings included these positive, reproducible, long-term health-promoting changes: significant reductions in stress and fear, decreased anxiety and depression, lowered blood pressure, lowered heart rate, improved restorative sleep, improved energy levels, increased creative capacity, diminishment of migraine headaches, elimination of irritable bowel syndrome, enhanced happiness and optimism, reduced cholesterol levels, diminished or extinguished acute and chronic pain, weight loss and increased breathing capacity.

Last year's conference attendee Janine Pardo MD, Board Certified in Internal Medicine from Weston, Massachusetts commented, "This was my second time attending. This conference has been the most influential factor in transforming my life and medical practice. It should be a medical school requirement." 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, 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 testimonials](#) agree that the conference curriculum 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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