

2010 Fall/Winter Schedule

AMSA National Integrative Medicine and Wellness Webinars

Live & Online via WebEx

The **AMSA National Wellness & Integrative Medicine Webinars** offer opportunities to talk with physicians, health professionals and other experts about topics related to fitness, exercise, nutrition, and mind/body approaches as well as integrative medicine practices that may enhance well-being. We'll have presentations, practice sessions, talk about books, review published articles and engage in dialogue. Sessions are open and preference is given to AMSA members, chapters and other groups viewing. This schedule is subject to changes, please check for updates on Inspiration Exchange. **Registration is required go to <http://bit.ly/ASMAWellnessIM>**

Tuesday, August 24, 2010 at 9:00 p.m. EDT/6:00 p.m. EDT

Topic: Measuring Health, Well-being and Wellness among Medical Students and Residents

Presenters: Liselotte Dyrbye, MD and Patricia Lebensohn, MD

Co-host/Premedical Student: Minda Aguhob, EdM, CUNY Hunter College

Reading:

1. Dyrbye LN, Szydlo DW, Downing SM, Sloan JA, Shanafelt TD. Development and preliminary psychometric properties of a well-being index for medical students. *BMC Med Educ.* 2010 Jan 27;10:8.
2. Kligler B, Lebensohn P, Koithan M, Schneider C, Rakel D, Cook P, Kohatsu W, Maizes V. Measuring the "whole system" outcomes of an educational innovation: experience from the integrative family medicine program. *Fam Med.* 2009 May;41(5):342-9.



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Tuesday, September 14, 2010 at 9:00 p.m. EDT/6:00 p.m. EDT

Topic: Opportunities to Learn about Integrative Medicine While In Medical School and During Residency

Presenters: Wenday Kohatsu, MD and Adam Perlman, MD, MPH

Host/Medical Student: Deepa Sannidhi, UMDNJ SOM

Reading:

1. Perlman A, Stagnaro-Green A. Developing a Complementary, Alternative, and Integrative Medicine Course: One Medical School's Experience. *J Altern Complement Med.* 2010 May
2. Lie D, Shapiro J, Pardee S, Najm W. A focus group study of medical students' views of an integrated complementary and alternative medicine (CAM) curriculum: Students teaching teachers. *Medical Education Online.* 2008;13(3)
3. Maizes V, Silverman H, Lebensohn P, Koithan M, Kligler B, Rakel D, Schneider C, Kohatsu W, Hayes M, Weil A. The integrative family medicine program: an innovation in residency education. *Acad Med.* 2006 Jun;81(6):583-9.

Tuesday, October 19, 2010 at 9:00 p.m. EDT/6:00 p.m. EDT

Topic: Mind, Body and Spirit (Practice Session)

Presenters: Abby Caplin and Mary P. Guerrero, MD

Host/Medical Student: Irina Lisker, University of Connecticut SOM

Reading:

1. Caplin A. Permission to Heal blog "Setting Boundaries" post April 28 2010.
2. Guerrero MP. Breathing Lessons. *Fam Med.* 2004 Nov-Dec;36(10): 693-4.
3. Guerrero MP, Glick RM, Sierpina VS, Benn R. Integrative medicine increasing in family medicine residency programs. *J Am Board Fam Med.* 2008 Mar-Apr; 21(2): 170-1.

Monday, November 8, 2010 at 9:00 p.m. EDT/6:00 p.m. PDT

Topic: About Your Health, Preventing Burnout and Understanding Resiliency

Presenters: Christine Moutier, MD and Mary E. Wheat, MD

Co-host/Medical Student: Micaela Owusu, Yale SOM

Reading:

1. Dunn LB, Iglewicz A, Moutier C. A Conceptual Model of Medical Student Well-Being: Promoting Resilience and Preventing Burnout. *Academic Psychiatry.* 2008;32:44-53.
2. Kernan WD, Wheat ME, Lerner BA. Linking learning and health: a pilot study of medical students' perceptions of the academic impact of various health issues. *Academic Psychiatry,* 2008; 32(1): 61-64.

Tuesday, December 14, 2010 at 9:00 p.m. EST/6:00 p.m. PDT

Topic: Physical Activity, Exercise and Fitness: A Wellness Plan*

Presenters: James A. Levine, MD and Larry Long, PhD

Host/Medical Student: Megan Wolf, University of Pittsburgh SOM

Reading:

Levine, JA. *Move a Little, Lose a Lot: New N.E.A.T. Science Reveals How to Be Thinner, Happier, and Smarter.* New York: Crown, 2009