

Presentation Form

Mindfulness Tools for Healthcare Providers and Patients

Presentation Date: March 28, 2018

Presenter Bio

Please include your full name, credentials, degrees and information about your position and place of employment. **Please send a copy of your CV along with this completed form.**

Carol M. Greco, Ph.D.

Associate Professor of Psychiatry

University of Pittsburgh School of Medicine

Licensed Psychologist, Certified MBSR Instructor

UPMC Shadyside Center for Integrative Medicine

Carol M. Greco, Ph.D., is a licensed psychologist and an Associate Professor in the Department of Psychiatry of the University of Pittsburgh School of Medicine. Her research and clinical interests include mind-body approaches to chronic pain and stress management. She has conducted and published randomized controlled trials of mindfulness meditation, biofeedback-assisted cognitive-behavioral therapy, and acupuncture. In her clinical practice, Dr. Greco uses meditation and other mind-body methods with patients who have pain, depression, anxiety, and chronic illness.

Dr. Greco has practiced Zen and Vipassana (mindfulness) meditation for 24 years. She is certified as a Mindfulness-Based Stress Reduction (MBSR) instructor by the UMass Medical School's Center for Mindfulness. Dr. Greco has completed the following teacher training programs in MBSR at the University of Massachusetts Medical School's Center for Mindfulness: 7-day MBSR in Mind-Body Medicine, Teacher Development Intensive (TDI) Training, one-on-one telephone supervision, 9 Day Summer Intensive Practicum, and 8-day MBSR teachers retreat. She has also completed teacher training in Mindfulness-Based Cognitive Therapy (MBCT), and Mindfulness-Based Stress Reduction for Teens. Dr. Greco has presented her mindfulness meditation research results at the Center for Mindfulness Annual Scientific Conference, and regularly provides mindfulness meditation workshops in the Pittsburgh community and the University.

Dr. Greco is a co-director of the University of Pittsburgh's Center for Mindfulness and Consciousness Studies. Dr. Greco teaches MBSR courses to the public at the UPMC Shadyside Center for Integrative Medicine (CIM). Since 2005 she has taught approximately 35 eight-session MBSR courses to over 700 individuals at the CIM. As part of the mindfulness program at the Center for Integrative Medicine, Dr. Greco leads an ongoing monthly meditation evening for former MBSR class participants. Dr. Greco has taught mindfulness meditation to approximately 100 research participants and has collaborated with other researchers to adapt mindfulness-based interventions to online formats, retreat settings, and for patients with chronic pain.

Name and Narrative Description of your Presentation – Please determine if it is introductory, intermediate or advanced.

Mindfulness Tools for Healthcare Providers and Patients

Presenter: Carol Greco, PhD

During this presentation, Dr. Greco will provide an overview of mindfulness meditation and the Mindfulness-Based Stress Reduction (MBSR) course that is taught worldwide. She will guide brief mindfulness exercises and we will discuss the potential value of mindfulness for patients and healthcare providers.

Level: introductory

Three (3) learning objectives

By the completion of this session, participants should be able to:

1. Describe potential benefits of mindfulness interventions for medical illness and psychological stress.
2. Apply brief mindfulness practices for centering and focusing during the workday.
3. Appraise the value of mindfulness meditation for patients and healthcare providers.

Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

1. Morone, N.E., Greco, C.M., Moore, C.G., Rollman, B.L., Lane, B., Morrow, L.A., Glynn, N.W., Weiner, D.K. (2016) A Mind-Body Program for Older Adults with Chronic Low Back Pain: A Randomized Controlled Trial. *JAMA Internal Medicine*. Mar; 176(3):329-37. DOI:10.001/jamainternalmed.2015.8033. PMID: 26903081
2. Black, D.S., O'Reilly, G.A., Olmstead, R., Breen, E.D., Irwin, M.R. (2016) Mindfulness Meditation and Improvement in Sleep Quality and Daytime Impairment Among Older Adults with Sleep Disturbances: A Randomized Clinical Trial. *JAMA Intern Med*. 2015;175(4):494-501. doi:10.1001/jamainternmed.2014.8081
3. Goyal, M., Singh, S., Sibinga, E.M.S., Gould, N.F., Rowland-Seymour, A., Sharma, R. et al. (2014) Meditation Programs for Psychological Stress and Well-being: A Systematic Review and Meta-analysis. *JAMA Intern Med*. 174(3):357-368. doi:10.1001/jamainternmed.2013.13018