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Patricia Lynn Dobkin, PhD, Craig Stephen Hassed

Mindful Medical Practitioners

A Guide for Clinicians and Educators

- Covers the growing interest of mindfulness and how to apply these approaches towards academic and clinical settings
- Offers instructions on introducing mindful medical practice to students, residents, practicing physicians and allied health professionals
- Provides guidance and models on integrating programs into curriculums

Following up on Mindful Medical Practice, this book describes in detail how mindfulness is being taught to medical students, residents, practicing physicians, and allied health care professionals. Steps to set up and integrate programs into curricula are featured and educators' questions concerning practical aspects of doing this work are addressed. The argument on how to promote the kinds of leadership and cultural changes necessary are also discussed along with the many challenges facing health professionals in multiple settings. Mindful Medical Practitioners is an invaluable resource that raises interest, provides a rationale and details how to integrate mindfulness into clinical work and serves as a guide for those qualified to teach it.



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