



Jefferson | Myrna Brind Center
of Integrative Medicine

Integrative Medicine Grand Rounds

presents

Complementary Stress Reduction Approaches for Cancer Patients



Presenter:

Daniel A. Monti, M.D.

*Associate Professor of Psychiatry and Emergency Medicine, Jefferson Medical College,
Thomas Jefferson University*

Dr. Monti is Director of the Jefferson-Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital, and he is Associate Professor in the Departments of Psychiatry and Emergency Medicine at Jefferson Medical College. His research has focused on mind-body medicine and the effects of stress and stress-reduction on the health outcomes of cancer patients. He has lectured and published extensively on these topics. Dr. Monti has recently received a grant from the National Institutes of Health/National Cancer Institute Office of Cancer Survivorship, to study a novel stress reduction program for cancer patients called Mindfulness-Based Art Therapy (MBAT).

Overall Goals and objectives:

1. Understand the impact of stress on cancer patients
2. Review standard approaches to stress reduction
3. Understand complementary approaches to decreasing stress and improving quality of life in cancer patients
4. Learn the main components of Mindfulness-Based Art Therapy (MBAT), a novel psychosocial program for cancer patients

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians.

Jefferson Medical College designates this educational activity for a maximum of 1 *AMA PRA Category Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

November 10, 2006 8:00 – 9:15 am

Herbut Auditorium

1025 Walnut Street

Ground Floor

For more information, please call 215-955-3014.



Thomas
Jefferson
University

Jefferson
Medical
College



Thomas
Jefferson
University
Hospital