Pediatric Academic Society Annual Meeting Workshop Announcement

An Applied Conversation on Leveraging Mind-Body Neuroscience and Mindfulness to Improve Pediatrics

RSVP Here (required to plan lunch and agenda): https://www.surveymonkey.com/s/TESTMindBodyPeds

May 4, 2013 12:00 – 4:00 p.m.
Renaissance Washington Hotel - Room: Mt. Vernon Square A
(NOTE: Begins immediately following the Integrative Medicine SIG meeting; Bring Lunch!)

The PAS Integrative Medicine SIG is hosting a workshop on Mind-Body Medicine: “Leveraging the New Brain Sciences to Improve Pediatrics”. This workshop is hosted to build on the SIG presentation and take a closer look at the latest research and emerging practices from the field. We will engage in a practically focused discussion on the evidence, research gaps and priorities for translating research on mind-body neuroscience and mindfulness to improve pediatrics:

- Safety, quality and patient centered care
- Addressing toxic stress and promoting benefits of self-regulation
- The patient encounter

Goals for this workshop:

- Raising awareness of existing evidence on the value of mind-body and mindfulness approaches in pediatrics
- Building collaboration to apply existing evidence to current pediatric practices
- Generate new ideas for translating finding into practice
- Request feedback on how to best frame the need and outline available resources for pediatricians

During this session participants will engage in a dialogue to identify promising practices and generate new ideas for the integration of mind-body neuroscience and mindfulness into pediatric practice, health systems and the patient encounter. Together, we will generate new ideas for translating existing models and findings into practice and strategize how to best frame relevance and resources for pediatricians. We will brainstorm translational and clinical practice research priorities and explore each individual’s interest in mind-body methods and mindfulness in pediatrics, desire for continued collaboration and creation of partnerships to further integrate mind-body neuroscience and mindfulness into pediatrics.

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Sponsored by: PedCAM, PedCAM

Coordinated with: The AAP Section on Integrative Medicine; Sunita Vohra, MD (Section Chair) and Hilary McClafferty, MD, FAAP (Vice-Chair) and the Mindfulness & Pediatrics PAS Working Group: Diane Abetemarco, Christina Bethell, Kirk Warren Brown, Tom Dahlborg, Sandy Hassink, Paul Kurtin, Karen Kulthau, Hilary McClafferty, Erica Sibinga and Sunita Vohra