



## 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 meetings; 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

- physician wellness and medical training

#### 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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A Conversation Facilitated by The Child & Adolescent Health Measurement Initiative