Medical Education Journal Club

**Topic:** Stress and Resilience

**Speaker:** Aviad “Adi” Haramati, PhD  
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**Date:** Thursday May 21, 2020

**Time:** 12:00pm – 1:00pm

**Target Audience:** All clinician-educators

**Learning Objectives:** Upon completion of this session, participants will be able to:

1. To explain the physiology and psychology of stress and the scientific basis for mind-body therapies (such as meditation, breathing and imagery) used to reduce stress and improve well-being (medical knowledge)

2. To discuss the interventional program on Mindful Communication, developed at the University of Rochester, review both quantitative and qualitative outcomes, and explore the elements that made it successful to reduce burnout and boost resilience. (practice-based learning and improvement)

3. To articulate the barriers that hinder self-care strategies by physicians and other faculty and staff at academic health centers. (professionalism)

**Registration Link:** [https://us02web.zoom.us/meeting/register/tZMldOiorDwjHNRa8Qr1v_KRGgPBjOyQziS1](https://us02web.zoom.us/meeting/register/tZMldOiorDwjHNRa8Qr1v_KRGgPBjOyQziS1)

*Join us from any location with a computer and dial-in by phone for audio.  
Journal articles and online access instructions will be sent to registered participants in advance of the event.*

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**Credit Designation:** Northwell Health designates this live activity for a maximum of 1 AMA PRA Category 1 credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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**Planner and Speaker’s Disclosures:** Alice Fornari, EdD, RDN, and Aviad Haramati, PhD have nothing to disclose.

**Recognition of Program Support:** An announcement of program support will be made to all attendees at the beginning of each Regularly Scheduled Session.