Program Overview

Integrative medicine combines traditional Western medicine with mind/body, complementary, and preventive measures that address the whole person. Healthcare professionals are encouraged to provide full-spectrum evidence-based care directed toward the patient as a whole person. This includes appropriate medical care for the body, as well as attending with compassion to patients’ psychological and spiritual needs through mind/body approaches known to enhance healing. Individuals are encouraged to live life as if it really matters!

The Lynn Lectures incorporates integrative medicine’s focus on the following areas:

- The facilitation of healing which can arise from the relationship between healthcare providers’ and their patients; and
- The cultivation of psycho-physiological well-being through mindfulness practice, irrespective of the individual’s current health status.

Each of the Lynn Lectures speakers focus on specific components of integrative health care. Educational objectives are also available to address the particular area of expertise of the featured speaker. The current Lynn Lectures featured speakers are:

- Jon Kabat-Zinn, Ph.D., major research pursuits lie in the emerging field of mind/body medicine, with the focus on the clinical, social, and human performance effects of mindfulness meditation training in various populations. These include people with chronic pain, stress related disorders, and / or a wide range of chronic diseases with a particular focus on breast cancer; multi-ethnic and multi-racial inner city communities experiencing high psychosocial stress due to poverty and associated social conditions; and inmates and corrections personnel in the prison system. Other areas of research are directed at the effects of regulated attention on healing processes; stress in medical education; cost-effectiveness of mind / body interventions; stress related to work and organizational re-engineering; the tao of work; mindfulness in the physician-patient relationship; the development of psychological resilience to stress; mindfulness-based stress reduction curricula and their implementation in the primary and secondary education; achieving optimal performance in athletes through mindfulness meditation training
- Daniel J. Siegel, M.D. Daniel J. Siegel received his medical degree from Harvard University and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent and adult psychiatry. He served as a National Institute of Mental Health Research Fellow at UCLA, studying family interactions with an emphasis on how attachment experiences influence emotions, behavior, autobiographical memory and narrative.
- Susan Bauer-Wu, Ph.D., R.N. is a highly regarded lecturer, researcher, and retreat facilitator. She has served as an Instructor of Medicine at Harvard Medical School and served as the director of Dana-Farber Cancer Institute’s Phyllis F. Cantor Center for Research in Nursing & Patient Care Services, located in Boston, Massachusetts. In her role at Dana-Farber, she led research efforts aimed to improve both the quality of life and quality of care for cancer patients, with a particular focus on breast cancer patients.