

# THE HERBERT BENSON, MD COURSE IN Mind Body Medicine

Live Streaming — or — In Person • October 30 –  
November 1, 2025

## Schedule

This is the schedule from the 2024 course.

2025 schedule not yet available.

### Wednesday, October 30, 2024

#### OPTIONAL ONLINE PRE-COURSE WORKSHOPS

9:00 am to 12:00 pm

#### Mind Body Approaches to Weight Management

*Under the direction of Chika Anekwe, MD, MPH and Shalu Ramchandani, MD*

[Click here for full description and agenda](#)

1:00 pm to 4:00 pm

#### Group Medical Visits to Guide Patients to Healthier Lifestyle Behaviors

*Under the direction of Jacob Mirsky, MD, FACLM*

[Click here for full description and agenda](#)

### Thursday, October 31, 2024

8:00 am to 8:20 am

#### Session 1: Welcome to the Herbert Benson, MD Course in Mind Body Medicine

*Gregory L. Fricchione, MD*

8:20 am to 9:20 am	<p><b>Session 2: KEYNOTE: Understanding and Effectively Addressing Race-Related and Other Social Stressors</b></p> <p><i>David R. Williams, PhD, MPH</i></p>
9:20 am to 9:30 am	<p><b>Stretch and Move Break</b></p>
9:30 am to 10:30 am	<p><b>Session 3: Education and Skills Development Sessions 3A - 3C</b></p> <p>3A <b>Mind Body Medicine: Health, Holons and Holarchy</b> <i>Gregory L. Fricchione, MD</i></p> <p>3B <b>Everything You Always Wanted to Know About Epigenetics (But Were Afraid to Ask)</b> <i>John Denninger, MD, PhD</i></p> <p>3C <b>Dietary Supplements and Brain Health: A Dose of Reality</b> <i>Howard Sesso, ScD, MPH</i></p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
10:30 am to 11:00 am	<p><b>Break</b></p>
11:00 am to 12:00 pm	<p><b>Session 4: Education and Skills Development Sessions 4A - 4C</b></p> <p>4A <b>Stress and Cardiovascular Disease</b> <i>Ahmed Tawakol, MD</i></p> <p>4B <b>Culinary Medicine: Nourishing Patients, Empowering Trainees, and Enhancing Self-Care</b> <i>Helen Delichatsios, MD</i></p> <p>4C <b>Workshop: Tools for Integrating Mind Body Medicine into an Office Visit</b> <i>Peg Baim, MS, NP</i></p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
12:00 pm to 1:30 pm	<p><b>Break*</b></p>
1:00 pm to 1:20 pm	<p><b>Session 5: Optional Sessions</b></p> <p><i>Please note: If you would like to attend the <b>yoga session in person</b>, pre-registration is requested.</i></p> <p><b>Guided Meditation</b> <i>Peg Baim, MS, NP</i></p> <p><b>Experiential: Gentle Yoga</b> <i>Laura Malloy, LICSW, C-IAYT</i> <i>(Space limited; pre-registration requested for in-person attendees)</i></p> <p><b>Conversation &amp; Questions: Ways to Use Mind Body Skills with Patients</b> <i>L. Elizabeth "Liz" Lincoln, MD</i></p>

1:30 pm to 2:30 pm	<p><b>Session 6: Education and Skills Development Sessions 6A - 6C</b></p> <p>6A <b>SMART-3RP Framework: Intervening to Meet the Needs of Patients, Clinicians, and Communities</b> <i>Elyse Park, PhD, MPH</i></p> <p>6B <b>Experiences of Racial and Sexual Minority Caregivers in a New Mind-Body Guided Imagery Program</b> <i>Felipe Jain, MD</i></p> <p>6C <b>Music as a Resource: Music Therapy and Anti-Oppressive Practice in Community Mental Health</b> <i>Kei Slaughter, MFA, MA, MT-BC</i></p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
2:30 pm to 2:40 pm	<p><b>Stretch and Move Break</b></p>
2:40 pm to 3:40 pm	<p><b>Session 7: Education and Skills Development Sessions 7A - 7C</b></p> <p>7A <b>A Multimodal Approach to Chronic Musculoskeletal Pain</b> <i>Peter Wayne, PhD</i></p> <p>7B <b>Yoga: Understanding the Underlying Biomedical Science and Research</b> <i>Sat Bir Khalsa, PhD</i></p> <p>7C <b>Trauma-Sensitive Mind Body Medicine: Hope for Safe and Transformative Healing Practices</b> <i>Teodolinda Piqué, PsyD</i></p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
3:40 pm to 4:00 pm	<p><b>Break</b></p>
4:00 pm to 5:00 pm	<p><b>Session 8: Education and Skills Development Sessions 8A - 8C</b></p> <p>8A <b>The Use of Mind Body Interventions with African-Americans</b> <i>Frederick (Jerry) Streets, MSW, DSW (Doctor of Social Welfare)</i></p> <p>8B <b>Impact of Meditation and Yoga on Social Maturity</b> <i>Sara Lazar, PhD</i></p> <p>8C <b>Healing Transformations: How Partnership, Presence, and Patterning Foster Patients' Personal Integration</b> <i>Katherine Rosa, PhD, FNP-BC</i></p>
5:00 pm to 5:10 pm	<p><b>Stretch and Move Break</b></p>
5:10 pm to 6:10 pm	<p><b>Session 9: KEYNOTE: Integrating Mental Health, Metabolic Health, and Healthy Aging</b> <i>Chris Palmer, MD</i></p>

## Friday, November 1, 2024

8:00 am to 9:00 am	<p><b>Session 10: KEYNOTE: Mitochondria as an Energetic Interface between the Mind and Body</b></p> <p><i>Martin Picard, PhD</i></p>
9:00 am to 9:10 am	<p><b>Stretch and Move Break</b></p>
9:10 am to 10:10 am	<p><b>Session 11: Education and Skills Development Sessions 11A - 11C</b></p> <p><b>11A Coaching Your Patients to Get Moving</b> <i>Beth Frates, MD</i></p> <p><b>11B Move the Body, Still the Mind: Mind-Body Movement for Whole Person Health in Chronic Disease</b> <i>Gloria Yeh, MD</i></p> <p><b>11C Extending the Reach of Mind Body Resilience Program to Vulnerable and Hard-to-Reach Populations</b> <i>Giselle Perez, PhD</i></p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
10:10 am to 10:30am	<p><b>Break</b></p>
10:30 am to 11:30am	<p><b>Session 12: Interactive Workshop: How to Teach Meditation and Deepen Your Own Practice</b></p> <p><i>Peg Baim, MS, NP, L. Elizabeth Lincoln, MD, and Darshan Mehta, MD, MPH</i></p>
11:30 am to 11:40am	<p><b>Stretch and Move Break</b></p>
11:40 am to 12:40 pm	<p><b>Session 13: Education and Skills Development Sessions 13A - 13C</b></p> <p><b>13A Obesity Medicine: Weight Management Strategies for the Mind and Body</b> <i>Chika Anekwe, MD, MPH</i></p> <p><b>13B Mind Body Approaches for Cultivating Resiliency in ME/CFS</b> <i>Daniel Hall, PhD and Donna Felsenstein, MD</i></p> <p><b>13C Inflammation in the Brain and the Body: Is Depression a Whole-Body Disorder?</b> <i>John Matthews, MD</i></p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
12:40 pm to 2:00 pm	<p><b>Break*</b></p>

1:15 pm to 1:45 pm	<p><b>Session 14: Optional Sessions</b></p> <p><i>Please note: If you would like to attend the tai chi session in person, pre-registration is requested.</i></p> <p><b>Guided Meditation</b> Meghan Feldpausch, NP</p> <p><b>Experiential: Tai Chi</b> Barry Friedman (Space limited; pre-registration requested for in-person attendees)</p> <p><b>Conversation &amp; Questions: Ways to Use Mind Body Skills with Patients</b> Michael Nathan, MD</p>
2:00 pm to 3:00 pm	<p><b>Session 15: Education and Skills Development Sessions 15A - 15C</b></p> <p>15A <b>SLEEP! Healthy Habits and Mind-Body Strategies to Reset Your Nights (and Days)</b> Suzanne Bertisch, MD</p> <p>15B <b>Implementing Mind Body Programs in Primary Care Practice</b> Jacob Mirsky, MD, FACLM</p> <p>15C <b>How Do We Stay Motivated to Exercise? Development of an Online Platform to Support Daily Activity</b> Louisa Sylvia, PhD</p> <p><i>All sessions will be recorded as they are live streamed and placed in the online course video library, enabling registrants to view more than one session. The video library will be available for 60 days after the conclusion of the course.</i></p>
3:00 pm to 3:10 pm	<p><b>Stretch and Move Break</b></p>
3:10 pm to 4:10 pm	<p><b>Session 16: Education and Skills Development Sessions 16A - 16C</b></p> <p>16A <b>The Importance of Learner Well-Being: The Hows and Whys</b> Darshan Mehta, MD, MPH</p> <p>16B <b>Positive Psychology Interventions and the Promotion of Cardiovascular Health</b> Christopher Celano, MD</p> <p>16C <b>Mindfulness-Based Interventions for Emotional Well-Being in Cardiovascular Disease</b> Christina Luberto, PhD</p>
4:10 pm to 4:30 pm	<p><b>Break</b></p>
4:30 pm to 5:30 pm	<p><b>Session 17: KEYNOTE: Bringing Swedish Happiness to American Homes: A Psychologist's View on Well-Being Through Death Cleaning</b></p> <p>Katarina Blom, MA</p>

## Optional In-Person Activity

**5:30 pm to 7:00 pm    Networking/Cocktail Reception**

*Join faculty and colleagues for refreshments and conversation.  
(Additional fee required.)*

**Saturday, November 2, 2024****8:00 am to 9:00 am    Session 18: History of Mind Body Medicine**

*Darshan Mehta, MD, MPH*

**9:00 am to 9:10 am    Stretch and Move Break****9:10 am to 10:10 am    Session 19: Education and Skills Development Sessions 19A - 19C****19A Heated Yoga for the Treatment of Depression**

*Maren Nyer, PhD*

**19B Resilient Youth**

*Aude Henin, PhD*

**19C Thriving after Cancer: The Role of Lifestyle Medicine in Optimizing Health and Well-Being for Cancer Survivors**

*Amy Comander, MD and Shirly Ramchandani, MD*

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**10:10 am to 10:30 am    Break****10:30 am to 11:30 am    Session 20: Education and Skills Development Sessions 20A - 20C****20A Mindfulness, Self-Compassion, and Psychedelics**

*Franklin King, MD*

**20B Mind-Body Medicine: Critical Care for Children with Chronic Abdominal Pain**

*Mark Salvatore, MD*

**20C BHI-Certified Providers Share Tips on How They Put SMART into Practice**

*Miguel Anglada, LICSW; Silvia Ruíz Cala, MD; Kristen Gilmore, MSN, RN, CEN, TCRN, NE-BC; Denise Velazquez, LCSW; and John Denninger, MD, PhD*

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**11:30 am to 11:40 am    Stretch and Move Break****11:40 am to 12:40 pm    Session 21: Education and Skills Development Sessions 21A - 21C****21A Understanding the Endocannabinoid System through the Lens of Mind Body Medicine**

*Ryan Zaklin, MD, MA*

**21B Hope for the Wounded Healer: Reducing Clinician Burnout and Building Resilience***Susan Biali Haas, MD***21C Introduction to Wellness: Positivity and Relaxation Training (PART)***Rana Chudnofsky, MEd; Tara Jones, MPH; Tom Klisiewicz, CPLP; D.C. Mathangi, PhD; and Paula McCree, MS*

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**12:40 pm to 2:00 pm Break\*****1:15 pm to 1:45 pm Session 22: Optional Sessions**

Please note: If you would like to attend the **laughter yoga session in person**, pre-registration is requested.

**Guided Meditation***Michael Nathan, MD***Experiential: Laughter Yoga***Laura Malloy, LICSW, C-IAYT*

(Space limited; pre-registration requested for in-person attendees)

**Conversation and Questions: Ways to Use Mind Body Skills with Patients***Elyse Park, PhD, MPH and Ellen Slawsby, PhD***2:00 pm to 3:00 pm Session 23: Education and Skills Development Sessions 23A - 23C****23A Bringing the Body Back to the Mind: How Chiropractic Care Synergizes with Mind Body Medicine***Matthew Kowalski, DC***23B Mind Body Skills for Managing Pain***Ellen Slawsby, PhD***23C Mind Body Resources for Women's Sexual Well-Being in Cancer Survivorship***Lucy Finkelstein-Fox, PhD*

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**3:00 pm to 3:10 pm Stretch and Move Break****3:10 pm to 4:10 pm Session 24: Going Forward: What We've Learned about Mind Body Medicine and How to Put It into Practice***Gregory L. Fricchione, MD, Darshan Mehta, MD, MPH, Elyse R. Park, PhD, MPH, John Denninger, MD, PhD, and Katherine Rosa, PhD, FNP-BC*

\*There are many convenient and varied lunch options within a short walking distance of the in-person course.