MEDICAL AND NON-MEDICAL APPLICATIONS OF MINDFULNESS MEDITATION

A Free workshop for medical professionals and the public

By Thanh V. Huynh, M.D.

WHEN? Thursday, January 20th 2011, 5:30 – 7:00 PM
WHERE? John Burns School of Medicine (JABSOM)
651 Ilalo Street, Kaka’ako, MEB Auditorium 315, Use Parking lot C or street.

In this time of growing stress in our personal and work lives, mindfulness can be a critical tool to return our minds to a state of peace and to cope with the ups and downs of life more gracefully. Stress is a major factor in many health conditions. It is present for medical professionals as well as for the people who come to them for healing. Don’t miss this important workshop.

What is Mindfulness???
Mindfulness is the mental quality of non-judging attention, moment by moment, to the present-time unfolding life experience without attachment to pleasantness or resistance to unpleasantness. This relaxed non-bias awareness allows one to see things clearly as they really are and learn to respond, rather than react to stressors encountered. This results in more joy and a sense of peace. Mindfulness has been successfully taught in hospitals and stress reduction clinics around the world.

What Will You Learn?
Theory
- Benefits of the mindfulness practice. Literature review.
- Concentration and mindfulness.
- How to establish mindfulness.
- Concept and reality.
Practice
- Guided instruction on some techniques of mindfulness
- Application of mindfulness in daily activities.

Dr Huynh is a radiation oncologist holding faculty appointments with University of Hawaii JOB School of Medicine and the Cancer Research Center of Hawaii. He has been studying and practicing mindfulness (insight/vipassana) meditation since 1984. He began sharing this practice with Oahu prisons’ inmates in 1992. Dr Huynh offers regular Mindfulness classes to the public, school children and cancer patients with rewarding results. He and other researchers at the Cancer Research Center of Hawaii recently completed a successful feasibility study using the internet to teach cancer patients mindfulness and they are working on a national study using the same technique.

* Suitable for teenagers
** No pre-registration required
For more information, please email or call Dr Huynh at thanhh@hawaii.edu or 547-4771