

### **SUPPLEMENTARY MATERIALS:**

*Meditation & Mindfulness: Contemplative Practices to Enhance Psychiatric Care*

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### **Suggested Reading:**

- 1). *Mindfulness-Based Interventions in Context: Past, Present, and Future*. Clinical Psychology: Science and Practice, 10: 144-156. <https://doi.org/10.1093/clipsy.bpg016>
- 2). "Meditation and Mindfulness: What You Need to Know." National Center for Complementary and Integrative Health, U.S. Department of Health and Human Services, June 2022, [www.nccih.nih.gov/health/meditation-and-mindfulness-what-you-need-to-know](http://www.nccih.nih.gov/health/meditation-and-mindfulness-what-you-need-to-know)
- 3). Mindfulness-Based Stress Reduction vs Escitalopram for the Treatment of Adults With Anxiety Disorders: A Randomized Clinical Trial. JAMA Psychiatry. 2023;80(1):13-21. [doi:10.1001/jamapsychiatry.2022.3679](https://doi.org/10.1001/jamapsychiatry.2022.3679)
- 4). Developing a Mindfulness Skills-Based Training Program for Resident Physicians. Fam Med. 2020;52(1):48-52. <https://doi.org/10.22454/FamMed.2020.461348>

### **Educational Objectives:**

At the end of this Grand Rounds lecture, you will be able to:

- 1). Learn common applications of mindfulness-based therapies, and the disorders they are used to treat.
- 2). Understand practical applications of mindfulness-based therapies and treatments in clinical setting.
- 3). Apply mindfulness strategies and techniques to your own life to reduce potential for burnout.

### **Self-Examination Questions:**

- 1). How can I apply mindfulness techniques to support my personal and professional performance?
- 2). How can I integrate non-traditional techniques like mindfulness-based interventions into my standard practices?
- 3). How can the principles of mindfulness change the way I make decisions and solve problems?