



INTEGRATIVE MEDICINE GRAND ROUNDS

TUESDAY, APRIL 2ND, 2019 @ 8:00AM

FOLLOWED BY COFFEE HOUR FROM 9-10AM

Bornstein Amphitheater, BWH, 45 Francis St., Boston, MA, 02115

Applying the Power of the Mind to Manage Pain: Insights from Neuroimaging Research



Presenter: Jian Kong, MD, Associate Professor of Psychiatry, MGH, HMS; Director, Neuroimaging Applications to Pain, Alternative Medicine & Placebo, Dept. Psychiatry, MGH

Description: Healing is theoretically made up of three components: self-healing properties (via the body), the non-specific effects of treatment (via the mind), and the specific effects of physical or pharmacological intervention (via medicine).

In this talk, Dr. Kong will present the following:

- 1) Brain circuits associated with acute and chronic pain;
- 2) The role of expectancy in alternative and conventional medicine and how to apply the mind to enhance the therapeutic effects of treatment; and
- 3) How the mind and body can interact to produce treatment effects using Tai Chi, Baduanjin, and imagery, as examples.

HMS CME CREDITS AVAILABLE

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GRAND ROUNDS SERIES SCHEDULE**



**OSHER CENTER FOR
INTEGRATIVE MEDICINE**
HARVARD MEDICAL SCHOOL AND
BRIGHAM AND WOMEN'S HOSPITAL

Biography: Jian Kong, MD



Dr. Jian Kong is an Associate Professor at the Department of Psychiatry, Massachusetts General Hospital, Harvard Medical School. He is the director of the Neuroimaging Applications to Pain, Alternative Medicine & Placebo program in the Department of Psychiatry at MGH.

Dr Kong's research focuses on pain perception and modulation, placebo and nocebo effects, the brain pathophysiology of disorders such as chronic pain, depression, age-related memory decline, and autism, and how non-pharmacological treatments (e.g., acupuncture, mind-body interventions, auricular vagus nerve stimulation, transcranial direct current stimulation) can modulate brain circuitry in these disorders using brain imaging tools such as MRI/fMRI, PET, and MEG.

Dr. Kong has published over 145 peer-reviewed articles and book chapters in the above fields.

MONTHLY | FIRST TUESDAY'S 8:00–9:00AM

April 2

Research

Applying the Power of the Mind to Manage Pain: Insights from Neuroimaging Research

Jian Kong, MD, Massachusetts General Hospital

May 7

Clinical

The Endocannabinoid System and Cannabis

Ryan Zaklin, MD, North Shore Medical Center

June 4

Research

Mediterranean Diet to Reduce Cardiovascular Disease and Other Chronic Diseases of Aging

Samia Mora, MD, Brigham and Women's Hospital

July 2

Mini-Forum

Details TBD