Recent studies show that more than half of all physicians in the US are experiencing burnout. Symptoms can include emotional exhaustion, depersonalization, cognitive weariness, physical fatigue and disengagement. Its collective negative impact is far reaching, affecting patients, family members and coworkers.

Dr. Mehta will present the current state of knowledge regarding physician burnout and explore tools at our disposal to support physician wellbeing.
Biography

Dr. Mehta received his BA in Biology from Illinois Wesleyan University and an MD from University of Texas-Southwestern Medical School. He completed his residency in internal medicine at University of Illinois-Chicago Hospital. He completed a clinical research fellowship in complementary and integrative medicine at the Harvard Medical School Osher Research Center (now based at the Beth Israel Deaconess Medical Center Division of General Medicine), during which he received a Master of Public Health degree from the Harvard School of Public Health.

He is the medical director of the Benson-Henry Institute for Mind Body Medicine at MGH. His educational and research interests include curricular development in complementary and integrative medical therapies, mind/body educational interventions in health professions training, and promotion of professionalism in medical trainees. He directs medical student and resident rotational experiences in integrative medicine for BHI-MGH and the Osher Center for Integrative Medicine. Dr. Mehta sees patients in a consultative role for use of complementary and integrative medical therapies, as well as mind/body interventions for stress management and stress reduction.

Dr. Mehta is Assistant Professor in Medicine at Harvard Medical School. He is also active in the Massachusetts Medical Society, and is a member of the American College of Physicians. Dr. Mehta is a diplomate of the American Board of Holistic Medicine, and has completed professional training in mindfulness-based stress reduction at the University of Massachusetts Medical School.

MONTHLY | FIRST TUESDAY’S 8:00–9:00AM

January 7, 2020 (Research)
“Endogenous bioelectric networks and regenerative medicine”
Mike Levin, PhD, Vannevar Bush Professor, Biology Department; Director, Allen Discovery Center at Tufts, and Tufts Center for Regenerative and Developmental Biology, Tufts University

February 4, 2020 (Research)
“Mindfulness and Behavior Change: Enhancing Self-Regulation and Chronic Illness Self-Management in Primary Care.”
Zev Schuman-Olivier, MD, Director, Center for Mindfulness Compassion at the Cambridge Health Alliance