Mindfulness and Behavior Change: Enhancing Self-Regulation and Chronic Illness Self-Management in Primary Care

Self-management is important for improving health outcomes among primary care patients with chronic disease. Anxiety, depressive and stress disorders are common and interfere with self-regulation, which is required for disease self-management.

In this presentation, Dr. Schuman-Olivier will share results from the MINDFUL-PC study, a randomized controlled comparative effectiveness trial of Mindfulness Training for Primary Care (MTPC).

Data from several phases of the MINDFUL-PC study will be presented and findings from pilot neuroimaging studies related to mindfulness and self-compassion will also be described to help elucidate these self-regulation mechanisms.

Zev Schuman-Olivier, MD
Director, Center for Mindfulness Compassion, Cambridge Health Alliance, Department of Psychiatry, Harvard Medical School

HMS CME CREDITS AVAILABLE

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See Back for Speaker Bio & Grand Rounds Schedule

Integrative Medicine Grand Rounds (Research)

Tuesday, February 4 @ 8am
FOLLOWED BY COFFEE HOUR FROM 9-10AM

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

**Zev Schuman-Olivier, MD** is an instructor in psychiatry at Harvard Medical School. He is the Director of the CHA Center for Mindfulness and Compassion. He is also the Director of CHA’s Mindful Mental Health Service and the Advanced Mindfulness Fellowship. Dr. Schuman-Olivier is the Medical Director for Outpatient Addiction Services as well as Director of Addiction Psychiatry Residency Education at Cambridge Health Alliance. He is a founding member of the Mindfulness Research Collaborative, the NIH Science of Behavior Change Initiative, and the Center for Technology and Behavioral Health. He is PI of the MINDFUL-PC project, which is leading the way in integrating mindfulness into the patient-centered medical home. He is PI of the MINDFUL-OBOT study, which is the first multi-site randomized trial of mindfulness training in primary care office-based opioid treatment. He is Director of the Clinical Core for the NCCIH P01 program project grant on synergistic approaches to chronic pain treatment. He is currently Co-PI of a CDC-funded multisite R01 clinical trial of an integrated technology platform (MySafeRx) for enhancing adherence, engagement and retention in buprenorphine treatment and preventing overdose.

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**MONTHLY | FIRST TUESDAY’S 8:00–9:00AM**

**March 3rd (Clinical) "Orthobiologic injections: A New Approach to Treating the Painful Shoulder"**  
**Presenter:** Joanne Borg-Stein, MD, Chief, Division of Sports and Musculoskeletal Rehabilitation, Spaulding Rehabilitation Hospital

**April 7th (Research) “Disentangling the Links between Emotional Stress and Cardiovascular Disease”**  
**Presenter:** Ahmed Tawakol, MD, Co-Director, Cardiovascular Imaging Research Center, Massachusetts General Hospital

**May 5th (Clinical) “Pathophysiology of Exercise Intolerance in Chronic Fatigue Syndrome”**  
**Presenter:** David Systrom, MD, Brigham and Women’s Hospital