Mindfulness Skills Training

The Bioethics Department at SGU is now offering weekly mindfulness skills training as part of its efforts to foster ongoing professional and personal development for aspiring physicians. Mindfulness is the art and science of paying complete, non-judgemental attention to moment-to-moment events. Effects of mindfulness skills training include enhanced self-regulation, improved communication with self and others, and general well-being. Mindfulness has been shown to improve physicians’ awareness and concentration, and to reduce stress, fatigue, and burnout. A number of medical schools around the world have adopted mindfulness training as an adjunct to their curricula. In addition, mindfulness-based stress reduction is taught in hospitals worldwide, for both health care practitioners and for patients themselves.

Mindfulness sessions are not limited to medical students; they are open to anyone in the SGU community who is interested. The sessions will take place weekly from 12:05 to 12:45 on Thursdays in WINDREF’s conference room. An introductory session will be provided on Thursday, January 24. No registration is necessary.

Dr. Barbara Landon has been a proponent and practitioner of mindfulness for 25 years. She has been teaching mindfulness skills at SGU since 2008. For more information contact blandon@sgu.edu.