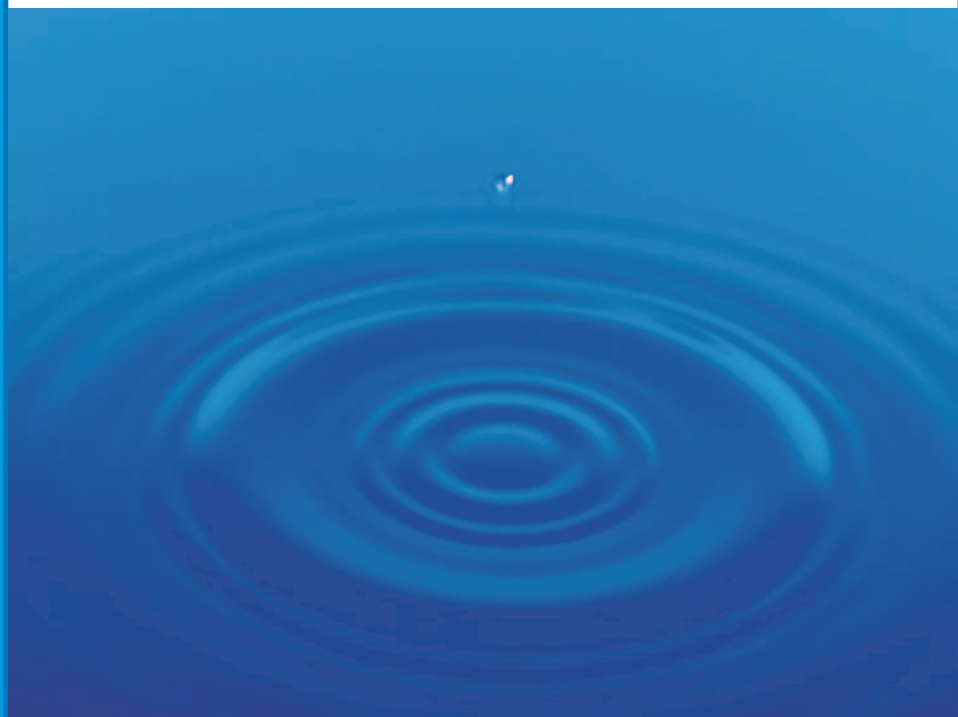


SPIRITUALITY & HEALING IN MEDICINE:

*Including New Intercessory Prayer Findings
and the Concept of Emergence*

DECEMBER 2 - 3, 2006

THE WESTIN COPLEY PLACE • BOSTON, MA



Under the direction of

Herbert Benson, MD and Christina M. Puchalski, MD

PRESENTED BY



**HARVARD
MEDICAL SCHOOL**
*Department of
Continuing Education*



**BETH ISRAEL DEACONESS
MEDICAL CENTER**
Department of Medicine



**MIND/BODY
MEDICAL INSTITUTE**



**George Washington
Institute for Spirituality and
Health (GWish),
THE GEORGE WASHINGTON
UNIVERSITY**

SPIRITUALITY AND HEALING IN MEDICINE

For almost 40 years, laboratories at the Harvard Medical School have systematically studied mind/body interactions. The research established that when a person engages in a repetitive prayer, word, sound, or phrase and when intrusive thoughts are passively disregarded, a specific set of physiologic changes ensue. These changes—decreased metabolism, heart rate, blood pressure and rate of breathing—are the opposite of those induced by stress, and have been labeled the relaxation response. Surveys indicate that over 60% of visits to health care professionals are for conditions caused or exacerbated by stress and that the relaxation response is an effective therapy for stress-related conditions.

Many people who elicit the relaxation response also note increased spirituality. Spirituality is expressed as experiencing the presence of a power, a force, an energy or what was perceived of as God, and this presence is close to the person. This finding opened the door to questions about the healing effects of spirituality and to the creation of this course. It was one of the first to relate medicine with spirituality and healing.

Spiritual practices offer millennia of experience that are deeply rooted in the use of prayer and belief. In the last ten years, there has been a shift in medical education

with increasing focus on the influence of spirituality in healthcare. It is important that healthcare professionals be aware of the benefits of spiritual practices in order to better serve their patients.

Numerous recent studies have been done that relate the relaxation response and the effects of prayer to healing. The purpose of this conference is to share these newest observations defining the relaxation response that will include its fundamental biological and neurological underpinnings as well as the findings of this last year relating to intercessory prayer.

These research studies have used traditional scientific methodology. Yet, theologians and philosophers have raised the question of whether such reductionistic scientific approaches can explain the full effects of spiritual practices and beliefs. Emergent theory suggests that the totality is greater than the sum of its individual, measurable components. The presentation of emergence will be yet another new feature of this course.

Course objectives will be met through interactive dialogue and experiential learning.

THE OBJECTIVES

To provide participants with an understanding of:

- The role of spiritual practices in medicine and clinical care
- The new physiologic, molecular, neurologic and clinical effects of the relaxation response
- The role of recently published findings related to intercessory prayer
- The possible role of emergence in spirituality and healing

Who Should Attend?

- Attendees of Previous “Spirituality and Healing in Medicine” Courses
- Physicians
- Psychologists
- Researchers of Mind/Body Interactions
- Nurses
- Counselors
- Chaplains
- Clergy and Members of Religious Communities
- Spiritual Directors
- Lay Spiritual Leaders
- Social Workers
- Allied Health Professionals
- Healthcare Administrators
- Healthcare Insurers

FACULTY

COURSE DIRECTORS

Herbert Benson, MD

*President, Mind/Body Medical Institute
Mind/Body Medical Institute
Associate Professor of Medicine
Harvard Medical School*

Christina M. Puchalski, MD

*Director, The George Washington Institute
for Spirituality and Health (GWish)
Associate Professor, Departments of
Medicine and Health Care Sciences
The George Washington University
School of Medicine*

Associate Course Director

Rev. Natalia Vonnegut Beck, MA

*Staff Priest, Christ Church Cathedral, Indianapolis, IN
Daniel G. Holbrook Fellow, Harvard Medical School
Consultant, Mind/Body Medical Institute*

Margaret Baim, MS, NP

*Associate in Medicine
Harvard Medical School
Mind/Body Medical Institute*

Timothy Johnson, MD, MPH

*Medical Editor
ABC News*

Philip Clayton, PhD

*Ingraham Professor of Theology
Claremont School of Theology
Professor of Religion and Philosophy
Claremont Graduate University*

Ted J. Kaptchuk, OMD

*Assistant Professor of Medicine
Harvard Medical School
Associate Director
Osher Institute, Harvard Medical School
Director
Asian Medicine and Healing Program,
Harvard Medical School*

Rev. Sarah A. Coakley, ThM, PhD

*Edward Mallinckrodt Professor Divinity
Harvard Divinity School*

Robert B. Laughlin, PhD

*Nobel Laureate
Professor, Physics
Stanford University*

Rev. Joseph J. Driscoll, MDiv, MS

*Director of Mission Services
Bon Secours Health System
Marriottsville, MD*

Rev. Dean V. Marek, BA

*Director, Chaplain Services
Mayo Clinic, Rochester, MN*

Jeffery Dusek, PhD

*Associate Research Director
Mind/Body Medical Institute*

Mary Matthiesen, BA

*Founder
Courage to Choose, Courage to Care
Sausalito, CA*

Marcia Feldman

*Hospice Musician
Sherrill House Chaplain Department*

Ann Webster, PhD

*Instructor in Medicine
Harvard Medical School
Mind/Body Medical Institute*

Gregory L. Frichione, MD

*Associate Chief of Psychiatry
Massachusetts General Hospital
Associate Professor of Psychiatry
Harvard Medical School*

Rev. Edward L. Wheeler, PhD

*President and Professor of Church History
Christian Theological Seminary*

SCHEDULE

Saturday, December 2

7:30 am - 8:30 am

Registration and Continental Breakfast

8:30 am - 10:00 am

**Four Decades of Mind/Body
and Spirituality Findings**

Herbert Benson, MD

10:00 am - 10:30 am

Refreshment Break/Music

10:30 am - 11:30 am

Spirituality and Health:

What is Evidence and What is Mystery?

Foundations for Integrating into Healthcare

Christina M. Puchalski, MD

11:30 am - 12:15 pm

Study of Therapeutic Effects of Intercessory

Prayer: Results and Implications

Jeffery Dusek, PhD

12:15 pm - 12:30 pm

**Commentary on Spirituality & Healing in
Medicine From a Theological Perspective**

Sarah A. Coakley, ThM, PhD

12:30 pm - 1:45 pm

Lunch on your own

1:45 pm - 2:45 pm

Overview of Emergence

Robert B. Laughlin, PhD

2:45 pm - 3:00 pm

Transition Time

3:00 pm - 5:00 pm

Panel: Moderated by Dr. Timothy Johnson

Herbert Benson, MD

Christina M. Puchalski, MD

Jeffery Dusek, PhD

Rev. Sarah A. Coakley, ThM, PhD

Robert B. Laughlin, PhD

Rev. Natalia Vonnegut Beck, MA

Gregory L. Fricchione, MD

Rev. Edward L. Wheeler, PhD

7:30 pm - 9:00 pm

Creative Dialogue

Rev. Natalia Vonnegut Beck, MA

Christina M. Puchalski, MD

Sunday, December 3

8:00 am - 8:30 am

Continental Breakfast

8:30 am - 9:30 am

Is Prayer Worth the Effort?

Healing and Spiritual Perspective

Rev. Edward L. Wheeler, PhD

9:30 am - 10:30 am

Quantifying the Mystery?

Rev. Natalia Vonnegut Beck, MA

10:30 am - 11:00 am

Refreshment Break/Music

11:00 am - 12:00 pm

Spirituality and Resiliency:

The Neuroscientific Role

of Belief in Health Promotion

Gregory L. Fricchione, MD

12:00 pm - 1:15 pm

Lunch on your own

1:15 pm - 3:00 pm

Workshops

1) Intercessory Prayer

Rev. Dean V. Marek, BA

2) Teaching Techniques that Elicit the

Relaxation Response

Ann Webster, PhD

3) Positive Psychology and Spirituality

Margaret Baim, MS, NP

4) Methodological Implications

of the Placebo Effect

Ted J. Kaptchuk, OMD

5) Theological Approaches to

Understanding Prayer

Rev. Joseph J. Driscoll, MDiv, MS

3:00 pm - 4:45 pm

Workshops

1) Intercessory Prayer

Rev. Dean V. Marek, BA

2) Teaching Techniques that Elicit the

Relaxation Response

Ann Webster, PhD

3) Positive Psychology and Spirituality

Margaret Baim, MS, NP

4) Developing a Theology of Emergence

Philip Clayton, PhD

5) Getting Comfortable with Mystery

in the Clinical Setting

Mary Matthiesen, BA

4:45 pm - 5:00 pm

Concluding Comments/Q&A

Music at all breaks during the conference will be performed by Marcia Feldman.

GENERAL INFORMATION

ACCREDITATION

Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Harvard Medical School designates this educational activity for a maximum of 15 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CONTINUING EDUCATION CREDIT

For more information on continuing education credit call (617) 991-0102, ext. 231.

PSYCHOLOGISTS

Massachusetts - The Mind/Body Medical Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Mind/Body Medical Institute maintains responsibility for this program and its content. Spirituality & Healing offers 15 credit hours.

Psychologists in all other states, who are concerned about mandatory continuing education requirements and the acceptability of these credit hours in a particular state, should contact their state board of psychology or other professional licensing body directly.

REGISTRATION INFORMATION

Spirituality & Healing in Medicine:

Including New Intercessory Prayer Findings & the Concept of Emergence

- Tuition fee for Physicians: \$495 (USD)
- Reduced fee for Residents* and Fellows in Training* and all Non-Physicians: \$325 (USD)

**A letter of verification from Department Chair must accompany registration form for a reduced fee. Full payment must accompany registration form (check payable to Harvard Medical School).*

Register Early. Space is Limited. All foreign payments must be made by a draft on a United States bank or by Visa or MasterCard. If paying by check, make it payable to *Harvard Medical School* and mail with the completed form to:

**Harvard Medical School
Department of Continuing Education
P.O. Box 825
Boston, MA 02117-0825**

If paying by credit card, fax the completed registration form to (617) 384-8686, mail it to the above address, or register online at **www.cme.hms.harvard.edu/courses/healing**. *Telephone registrations are not accepted.* Inquiries should be directed to the above address, made by phone: (617) 384-8600, Monday-Friday, 10 am to 4 pm (EST), or by e-mail: hms-cme@hms.harvard.edu. Upon receipt of registration a confirmation letter will be mailed to the address listed on the form.

REFUND POLICY

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by mail or fax one week prior to the course. No refunds will be made thereafter.

COURSE LOCATION

The Westin Copley Place
10 Huntington Avenue
Boston, MA 02116
(617) 262-9600

ACCOMMODATIONS AND TRAVEL

You are urged to make your reservations early. A limited number of rooms have been reserved at **The Westin Copley Place:** (617) 262-9600. Please specify that you are enrolled in this class to receive a reduced room rate of \$199 Single/Double per night. Reservations must be received by **November 9, 2006**. A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, call Boston Reservations at (617) 332-4199. For information on reduced airfare, call HMS-CME at (617) 384-8600, Monday - Friday, 10 a.m. to 4 p.m. (EST).

***"Excellent course...
The faculty are personable,
knowledgeable and prepared...
The bibliography resources
are quite vast..."***

Past Participant

To register or view course information online, visit our homepage:
www.cme.hms.harvard.edu/courses/healing

To learn more about the Mind/Body Medical Institute, visit:
www.mbmi.org



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*"This was an incredible experience.
It was a powerful, life-affirming conference."*

-Past Participant

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December 2-3, 2006

Class # 261464

Please Print Clearly

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*A letter of verification from Department Chair must accompany application for a reduced fee.

Full Name _____ Degree _____
Last First Middle Initial

Mailing Address _____
Street City State Zip Code

Daytime Phone () _____ Fax Number () _____

Email Address _____

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Professional School Attended _____ Year of Graduation _____

Profession _____

Principal Specialty _____ Board Certified Yes ☐ No ☐

Organization Affiliation _____

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Harvard Medical School, Department of Continuing Education, P.O. Box 825, Boston, MA 02117-0825

☐ **Bill my credit card:** ☐ VISA ☐ MASTERCARD _____
Credit Card Number Expiration Date

TUITION FEE: \$ _____
Card Holder's Signature Name as it Appears on Card

Registrations paid by credit card may be faxed to (617) 384-8686, registered online at
www.cme.hms.harvard.edu/courses/healing or mailed to the above listed address.