Department of Psychiatry
VGH and UBC Hospitals and
Vancouver Community Mental Health Services

Educational Rounds

Tuesday, November 26, 2019
8:30am – 9:30am

Locations

1. Gordon & Leslie Diamond Health Care Centre
   DHCC Auditorium, 1st Floor, 2775 Laurel Street
2. Videoconference at UBC Hospital:
   Detwiller Pavilion, Neuropsychiatry Conference, Rm 1C13
3. Videoconference at VGH Willow Pavilion:
   Willow Pavilion, Conference Rm 132, 805 West 12th Avenue
4. Webinar Registration Link: https://attendee.gotowebinar.com/register/3894070365723164427

Guest Speakers

Allison Hudson
Psychiatry – PGY2, UBC

Topic

Mind the Evidence: A Review of the Evidence for Mindfulness in General Psychiatric Practice

Learning Objectives

1. Define mindfulness, as used in a therapeutic context.
2. Outline hypotheses for the mechanism by which mindfulness is thought to work and explore limitations to the current literature on mindfulness.
3. Highlight psychiatric disorders for which the evidence supports mindfulness as a treatment modality.
4. Identify evidence based recommendations for mindfulness in clinical practice.

Moderator: Dr. David Hutnyk

*This event is an accredited group learning activity as defined by the maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada*