Albert Einstein Offers Today’s Physicians an Important Clue on How to Prevent and Relieve Burnout at Upcoming CME Conference

To help reverse the national trend of physician burnout, The American Meditation Institute’s 11th annual CME conference will be held on October 22-26, 2019 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled “The Heart and Science of Yoga®,” this 31 CME curriculum on Yoga Science as holistic mind/body medicine will explain how Albert Einstein’s practical insight can help medical providers prevent and relieve physician burnout.

AVERILL PARK, N.Y. (PRWEB) July 02, 2019 -- To help reverse the national trend of physician burnout, The American Meditation Institute’s (AMI) 11th annual CME conference will be held on October 22-26, 2019 at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled The Heart and Science of Yoga, this 31 CME curriculum on Yoga Science as holistic mind/body medicine will explain how Albert Einstein’s practical insight can help medical providers prevent and relieve physician burnout.

Although Albert Einstein died in 1955, this world famous theoretical physicist provides an important clue to understanding how today’s physicians and other healthcare providers can prevent and relieve burnout symptoms. According to American Meditation Institute founder and conference director Leonard Perlmutter, Einstein’s declaration that, “A problem cannot be solved on the level at which it appears; it must be solved on a higher level,” is in total agreement with the principles of Yoga Science, and provides physicians a helpful, creative insight into the cause of and cure for their growing burnout epidemic. Perlmutter claims, “The daily practice of AMI Meditation and the allied disciplines of Yoga Science make it possible to access and employ a ‘higher level’ of intuitive wisdom from the superconscious portion of the mind. The techniques taught at this year’s CME conference can empower every healthcare provider to make stress-reducing and health-affirming lifestyle choices—even in the most challenging situations.”

According to the 2019 “National Physician Burnout, Depression & Suicide Report” recently published in Medscape Report, 57% of all physicians working 71 or more hours a week and 36% of those working 31-40 hours have acknowledged experiencing burnout symptoms. Surveyed physicians cite increasing administrative tasks and computerization of practice as a major contributor to longer hours and burnout.

Board Certified pulmonologist, critical care physician, and co-chair of AMI’s Department of Medical Education, Anthony Santilli MD understands the challenges very well. As a previous conference attendee Dr. Santilli has been able to reverse his own diagnosed condition of burnout through the daily practice of AMI MEDITATION. According to Santilli, “My personal experience is that physicians today are subjected to an unprecedented number of significant stressors: overwork, cumbersome regulation, electronic medical records and coding requirements, medical liability, on-call issues, lack of sleep, politics, and frustrations with the reimbursement structure. By learning to practice AMI Meditation and Yoga Science as mind/body medicine, healthcare professionals can improve job satisfaction and work/life balance, while reducing and preventing burnout symptoms of anger, depression, anxiety and exhaustion.”

The entire “Heart and Science of Yoga” CME curriculum is a transformative learning experience. It is dedicated to providing quality, comprehensive and evidence-based education. Topics this year will include a comprehensive overview and instruction on AMI Meditation, Epigenetics, diaphragmatic breathing, mantra science, yoga psychology, mind function optimization, food as medicine, Ayurveda, easy-gentle yoga, lymph
system detoxification and detailed instruction on how to use the chakra system as a diagnostic tool.

The dedication, enthusiasm, and teaching methodology of the entire AMI faculty create a dynamic and interactive course for their students. Each faculty member is committed to the advancement and training of Yoga Science as holistic mind/body medicine. This year’s faculty includes AMI founder Leonard Perlmutter; Dr. Robert Schneider MD, Dean of the College of Integrative Medicine and Director of the Institute for Natural Medicine and Prevention at Maharishi University; Anthony Santilli MD, board certified in Pulmonary and Critical Care Medicine; Sat Bir Singh Khalsa, PhD, Director of Research for the Kundalini Research Institute, and Assistant Professor of Medicine at Harvard Medical School; Renee Rodriguez-Goodemote, MD, Medical Director of the Saratoga Hospital Community Health Center; Susan Lord MD, a private practice holistic physician focusing on prevention and treatment, and former course director for the The Center for Mind-Body Medicine’s “Food As Medicine” program in Washington, DC; Jesse Ritvo MD, Assistant Medical Director, Inpatient Psychiatry, University of Vermont Health Center; Joshua Zamer, MD, Medical Director for Addiction Medicine at Saratoga Hospital Community Health Center and Chairman of the Department of Family Practice; Anita Burock-Stotts, MD, board certified in Internal Medicine; Kristin Kaelber MD, PhD, board certified in Internal Medicine and Pediatrics; Janine Pardo MD, board certified in Internal Medicine; Gustavo Grodnitzky PhD, Chair of the AMI Psychological Education Committee; Jenness Cortez Perlmutter, faculty member of The American Meditation Institute, and Lee Albert, NMT, acclaimed neuromuscular therapist and gentle yoga instructor.

Previous conference attendee Janine Pardo MD, Board Certified in Internal Medicine from Weston, Massachusetts commented, “This will be the fourth conference I’ve attended. This teaching has been the most influential factor in transforming my life and medical practice. The curriculum should be a medical school requirement.” Melinda Darling MD, a pediatrician from Maryland agrees. “This conference was very helpful for burnt out physicians who need healing. It was an excellent program.”

Numerous medical pioneers and healthcare professionals such as Dean Ornish MD, Mehmet Oz MD and Bernie Siegel MD have also endorsed AMI’s core curriculum.

About the American Meditation Institute
The American Meditation Institute is a 501(c)3 non-profit educational organization devoted to the teaching and practice of Yoga Science, meditation and its allied disciplines as mind/body medicine. In its holistic approach to wellness, AMI combines the healing arts of the East with the practicality of modern Western science. The American Meditation Institute offers a wide variety of classes, retreats, and teacher training programs. AMI also publishes “Transformation” a quarterly journal of meditation as holistic mind/body medicine. Call (518) 674-8714 for a mail or email subscription.

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