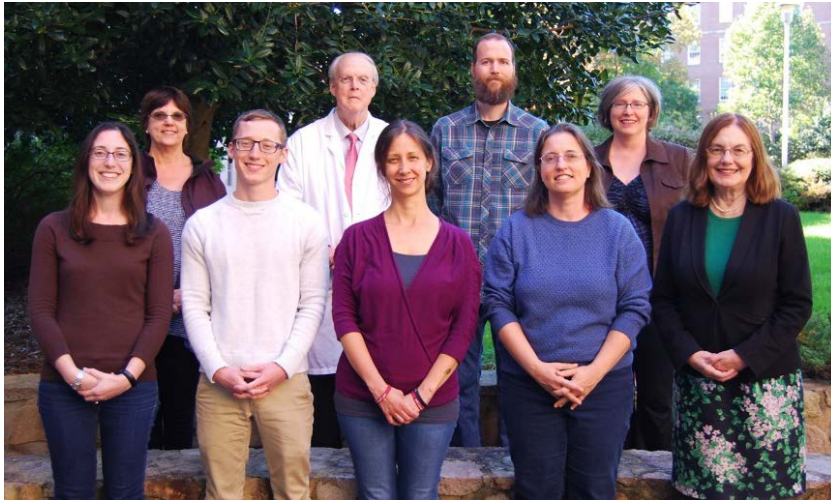




## Words About Wellness

The **PM&R and Rehabilitation Services Wellness Committee** would like to invite you to share recommendations regarding your favorite books, articles, and documentaries/films about wellness. Please e-mail Drs. Karla Thompson or Susan Gaylord with your suggestions and comments. For books, you can write a short review or we can pull information from the internet. For articles, we can present the abstract and a link.



*Drs. Gaylord, Faurot, and Mann pose with the PIM T-32 Fellows*

- Did you know that the Department of Physical Medicine & Rehabilitation is home to **UNC's Program on Integrative Medicine**? The mission of the Program on Integrative Medicine ("PIM") is to enhance the public's health and to improve effectiveness and safety of health care through the appropriate integration of complementary and alternative medicine ("CAM") with mainstream health-care. PIM provides education in CAM and collaborates with UNC faculty, staff, students, and health professionals as well as community groups and practitioners. PIM has a special research emphasis on and nutrition interventions for chronic pain sufferers and mind-body therapies, such as mindfulness meditation.
  - *"Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally." Jon Kabat-Zinn, Ph.D.*
- PIM offers a full program of classes in mindfulness meditation and other mind-body modalities. Classes provide basic and advanced instruction in mindfulness including the following: 1) Neff and Germer's Mindful Self-Compassion; 2) James Gordon's Mind-Body Skills Group Training; 3) Mindfulness-based Stress and Pain Management; 4) Mindfulness for Changing Your Relationship with Food; and 5) the Four Foundations of Mindfulness. Additional classes focus on mindful parenting and helping teens use mindfulness to cope with the challenges of adolescence.
- PIM also has a CAM Research Fellowship Program. The goal of the fellowship program is to recruit talented postdoctoral health professionals and allied scientists for training in research designed to examine the efficacy, effectiveness, safety, mechanisms of action and cost-benefits of CAM and integrative health.
- Information about course in mindfulness and the CAM research Fellowship Program may be found on the PIM website at <https://www.med.unc.edu/phyrehab/pim>