

John A Patterson MD, MSPH, FAAFP
Curriculum Vitae
January 2017

EDUCATION/TRAINING:

Institution	Degree	Year (s)	Field of Study
Vanderbilt University, Nashville, TN	BA	1966-1970	Psychology
University of Tennessee Memphis, TN	MD	1970-1973	Medicine
Baptist Memorial Hospital Memphis, TN	Fellowship	1974	Pathology
University of Tennessee Memphis, TN	Internship	1974-1975	Rotating Internal Medicine
University of Kentucky Lexington, KY	Residency	1977-1979	Family Practice
University of Kentucky Lexington, KY	MSPH	1993-1996	Public Health
University of Kentucky Lexington, KY	Residency	1994-1996	Preventive Medicine

BOARD CERTIFICATION

2013 American Board of Family Medicine (initial 1979, recertified 1988, 1996, 2003, 2013)
 2010 American Board of Integrative Holistic Medicine (initial certification 2000)

OTHER EDUCATION/TRAINING

2016 Certified by Physician Coaching Institute (Seattle Washington)
 2006-2017 Supervision completed in Mindfulness-Based Stress Reduction (MBSR) Center for Mindfulness in Medicine, Health Care and Society, U Massachusetts Medical Center
 2012-2016 Mindful Practice Curriculum Workshop, 5 annual trainings, University of Rochester School of Medicine and Dentistry (on faculty 2014 and 2016 teaching mindful tango)
 2014 Certified in iRest Yoga Nidra by Integrative Restoration Institute (San Rafael, CA)
 2002 Group facilitator certification (124 hours), Center for Mind-Body Medicine (Washington, DC)
 2000 Yoga teacher certification (200 hours), Integral Yoga Institutes, Buckingham, Virginia
 1994 Institute for the Study of Health and Illness at Commonweal (Rachel Remen, MD, Director), completed core curriculum (85 hours)
 1981 Certified in Self-Regulation by Chronic Pain and Stress Control Program (88 hours), Shealy Pain and Health Rehabilitation Institute (Norman Shealy, MD- Founding President, American Holistic Medical Association)

ACADEMIC APPOINTMENTS

1985-present Assistant professor, community-based and part-time paid faculty, Department of Family Practice and Community Medicine, University of Kentucky College of Medicine
 2012- present Associate professor, gratis faculty, Department of Family and Geriatric Medicine, U of Louisville School of Medicine
 2010-present Part-time adjunct faculty, Saybrook College of Integrative Medicine and Health Sciences
 2015-present Part-time adjunct faculty, Saybrook College of Social Sciences (Clinical Psychology)

TEACHING- University of Kentucky Health Care Continuing Education (CE CENTRAL)

2013, 2014 Family Medicine Review Course- lecture on *Mindfulness in medicine- Practical skills for self care and patient care* followed by panel discussion

TEACHING- University of Kentucky College of Medicine

2016 *Mindful Medical Practice- Promoting resilience, Managing stress, Preventing Burnout and Cultivating compassion*, UK College of Medicine General Faculty Development Workshop
 2016 *Mindful Medical Practice- Promoting resilience, Managing stress, Preventing Burnout and*

	<i>Cultivating compassion</i> , UK Department of Family and Community Medicine Faculty and Staff Development Workshop
2010-2015	<i>Mindfulness in medicine- Practical Skills for Self Care and Patient Care</i> , medical student selective as part of Advanced Clinical Pharmacology and Anesthesiology
2013-2014	' <i>Medical students off-line</i> ', Argentine tango class emphasizing emotional intelligence for 1 st and 2 nd year medical students
2012	<i>Mindfulness for self care and patient care</i> , medical student lecture to Family Medicine Interest group
2011	<i>Service, Altruism and Compassion- The Heart and Soul of Family Medicine</i> , medical student lecture to Family Medicine Interest Group
1992-2010	Medical student preceptor, Department of Family and Community Medicine
2013-present	Resident preceptor, Department of Family and Community Medicine
2002-2005	Co-investigator, National Institutes of Health (NIH) , integrating complementary medicine into medical school curriculum CAM (Complementary and Alternative Medicine) Curriculum Development grant to integrate CAM into medical school curriculum, Department of Family Practice and Community Medicine
2003- present	Course co-director, <i>The Healer's Art- Remembering the Heart of Medicine</i> , medical student elective part of the national Healer's Art initiative created by Rachel Remen, MD; examining and fostering the human dimension in medicine, as well as, considering the Hippocratic Oath as a way of life.
2003	<i>Complementary and alternative medicine- Why should medical students care?</i> Lecture in Healthy Human, required 1 st year medical student course
2000-2003	Course co-director, <i>Mind body skills for stress management and optimal wellness</i> , medical student elective
2004-2007	Course director, <i>Yoga, Mindfulness and Meditation: Evidence-Based Mind Body Approaches to Self Care, Stress Management and Optimal Wellness</i> , medical student elective
2008-2014	Course director, <i>Mindfulness in Medicine- Practical Skills for Self Care and Patient Care</i> , medical student elective
2010-2014	Course director, <i>Salvation Army Student-Run Free Clinic</i> , medical student elective
2000	<i>We are Wired for God</i> , lecture given as part of UK College of Medicine, Faculty Development Workshop, entitled, <i>What Role Does Spirituality Play in Patient Care?</i> UK Spirituality in Medicine Initiative, Templeton Foundation Grant
2000	<i>Integrative Medicine: Potential Benefits for Patients, Physicians, and All Life on Earth</i> , University of Kentucky/Veterans Administration Hospital Women's Health Conference
1999	<i>The Doctor Inside the Patient: A Case Report of Prayer and Chemotherapy in a Cancer Outlier</i> , Discussant, Department of Medicine Grand Rounds, University of Kentucky College of Medicine. Contributed the perspective that this "cancer outlier" could in fact be an example of a spirituality-based spontaneous remission
1999	<i>Integrative Medicine Resources</i> , Family Medicine Review, Office of Continuing Medical Education, University of Kentucky College of Medicine
1997	<i>Medical Synthesis – Mind, Body, Spirit, Environment</i> , special project (thesis equivalent) for Master's in Public Health degree, UK Department of Preventive Medicine and Environmental Health
1996	<i>The Heart and Soul of Medicine (Mind, Body, Spirit, Environment)</i> , three noon-time seminars, served as the pilot for a medical student elective based on the Medical Synthesis special project
1997-2006	<i>Integrative Medicine: Combining the Best of Conventional, Alternative, and Complementary Practice</i> , medical student elective
1992-1993	Member, Task Force on Electives, University of Kentucky College of Medicine, Robert Wood Johnson Curriculum Remodeling Grant
1992	<i>Medical Synthesis-Mind, Body, Spirit, Environment (An introduction for incoming medical students)</i> , three evening presentations

TEACHING- University of Kentucky College of Nursing

2016	<i>Mindfulness Mini-Retreat</i> for College of Nursing faculty and staff
1993 (April)	Graduate Nursing Seminar, " <i>A Mind, Body, Spirit, Environment Model of Medicine</i> "

TEACHING- University of Kentucky College of Dentistry

2015 Facilitated Koru Mindfulness certification 3 day intensive for College and Dentistry and other faculty
2014 Co-teacher, *Mindfulness in dental education and practice*, required 1st year course

TEACHING- University of Kentucky College of Health Sciences

2014-present Benefits of mindfulness practice for health care providers and their patients

TEACHING- University of Kentucky College of Public Health

2014-2015 Dissertation committee member, student research on *Tai chi motor imagery and falls in the elderly*

TEACHING- University of Kentucky College of Pharmacy

2014-2015 Dissertation committee member, planning student research on mindfulness and pharmacist errors

TEACHING- University of Kentucky College of Arts and Sciences Department of Clinical Psychology

2015 Supervisor for mindfulness skills group facilitation by graduate students (PhD candidates)

TEACHING- University of Kentucky College of Education (Department of Kinesiology and Health Promotion)

2005 *Complementary and alternative medicine, Why is it important for health professionals?*
Graduate seminar

2004 *Complementary and alternative medicine, Why is it important for health professionals?*
Graduate seminar

TEACHING- University of Kentucky Wellness Program / Human Resources

2013-present Mindfulness- Based Stress Reduction (MBSR) offered as all-day retreat-like workshops and as an 8 week series for UK employees, spouses, retirees and dependents

2015 Keynote address, UK Annual Retirement Planning Conference, 'Benefits of Living Mindfully Before and After Retirement', followed by breakout session, 'Mindfulness Tools for Managing Stress and Cultivating Happiness'

2014 '*Benefits of Mindfulness*' Health Smart Conversations, noon lecture to UK employees

2001 *Searching for spirit*, keynote address, UK Wellness Program Annual Symposium

TEACHING- University of Kentucky Undergraduate Honors Program

2016 HON 301-001: Proseminar: *Brain, Body, And Mind*

TEACHING- University of Louisville School of Medicine

2012-Present Co-teacher, *The Art of Wellness*, medical student elective, track leader for The Art of Mindfulness

2002 Keynote address to entering 1st-year medical students, University of Louisville, entitled *Compassion - The Heart and Soul of Medicine*

2001: Led the first joint medical student weekend residential retreat for students from University of Kentucky and University of Louisville entitled *The Heart and Soul of Medicine*

2000 *Integrating Complementary and Alternative Medicine into Medical Education and Office-Based Family Practice*, Presentation Students for Health and Healing, U of L School of Medicine

TEACHING- Saybrook College of Integrative Medicine and Health Sciences

2011-present Co-teacher, *Mindfulness, Meditation and Health*

2010 Course co-author, *Spirituality and Health*

TEACHING- Saybrook College of Social Sciences (Clinical Psychology Program)

2015-present Co-teacher, *Mindfulness and Spirituality in Clinical Practice* 2015

TEACHING- Eastern Kentucky University College of Allied Health and Nursing

1997, 1999, 2000 *Healing and the Mind*, CE workshop, Eastern Kentucky University College of Allied Health and Nursing. Mindfulness, deep relaxation, yoga, self-massage, imagery

TEACHING- CENTER FOR MIND-BODY MEDICINE (CMBM) (based in Washington DC)

- 2003, 2008, 2009
2013 Faculty member, Advanced Training Program, Minneapolis, served as small group facilitator, taught morning yoga, chair yoga breaks between lectures and led evening event *Dancing Medicine- Waltzing for Joy (and other emotions)*
- 2007, 2008 Faculty member, Professional Training Program (PTP), CMBM, New Orleans (post-Katrina), served as small group facilitator and daily yoga instructor
- 2004, 2006 Faculty member, PTP, CMBM, Berkeley. CA. Served as small group facilitator and instructor for evening dance event, *Dancing Medicine for Mind, Body, Spirit*
- 2005(July&Dec) Faculty member, Advanced Training Program, CMBM, *Healing the Wounds of War* program, Gaza Strip (Palestinian Occupied Territories). Served as small group facilitator and daily yoga instructor
- 2004, 2005 Faculty member, PTP, CMBM, *Healing the Wounds of War* program, Israel. Served as small group facilitator and instructor for evening event, *Dancing Medicine for Mind, Body, Spirit*

TEACHING- Lexington Fayette County Public Schools

- 2017 Teen Mental Health Fair, informal teaching of mindfulness to students
- 2016 Introduction to Mindfulness- Lafayette High School Creative Writing class, teacher Liz Prather

PROFESSIONAL ORGANIZATIONS

- 2010-present Lexington Medical Society, active membership
- 1990-present Kentucky Medical Association, active membership
- 1979-present American Academy of Family Physicians, active membership (fellowship designation, 1999)
- 1979-present Kentucky Academy of Family Physicians (Past President 2000), active membership
- 2011-present iRest Yoga Nidra Teachers Community Network
- 2000-present Integral Yoga Teachers Association
- 2002-present International Association of Yoga Therapists
- 1978 Founding Member, American Holistic Medical Association

WORK EXPERIENCE

- 2008-present Owner, Mind Body Studio (Lexington) wellness and health education, individual and group coaching, education and consultation for preventive, behavioral, integrative, lifestyle medicine
- 2013-Present University of Kentucky, College of Medicine, Department of Family and Community Medicine, part-time preceptor of family practice residents in outpatient clinic
- 2013-Present UK Wellness Program, instructor of mindfulness-based stress reduction for UK employees
- 1980-2010 Family practice, self-employed, Irvine KY, primary care, inpatient, nursing home and house calls

PROFESSIONAL ACTIVITIES- ORGANIZED MEDICINE

- 2016 Founding chair, Physician Health and Well Being Commission, Lexington Medical Society
- 2014-present Designated *Community Connector* by Kentucky Medical Association Leadership Forum advocating for a partnership between medicine and community/public health
- 2015 Lexington Medical Society, Editorial Committee, Kentucky Doc magazine, write 2 quarterly columns- *Profile in Compassion* and *Physician Health and Well Being*
- 2000 Chair, KAFP Annual Scientific Assembly, *Integrative Medicine-Mind, Body, and Spirit in Family Practice*, included personal benefits that complementary medicine practices offer physicians
- 2000-2001 Secretary, president-elect, and president KAFP

INVITED LECTURES/WORKSHOPS

- 2015 'What is mindfulness and why do it?' Bluegrass Health Information Management CE program
- 2015 Keynote, 'Benefits of mindfulness before and after retirement', University of Kentucky (Osher)
- 2015 'Intro to Mindfulness in Relationship-Centered Health Care', CE Baptist Health Lexington KY
- 2014 *Mindful Medical Practice- Promoting resilience, Managing stress, Preventing Burnout and Cultivating compassion-* Kentucky Academy of Family Physicians, annual meeting lecture
- 2014 'Mindfulness in Behavioral Health Care- Practical Tools for Therapist Self Care and Client Treatment', continuing education program, Kentucky Society for Clinical Social Work
- 2000 *Spirituality in Clinical Practice*, Faculty Development Workshop, UK College of Medicine
- 1999 *Integrative Medicine and Chronic Disease*, Kentucky Association of Diabetic Educators CE
- 1999 *Integrative Medicine Resources*, Kentucky Academy of Family Physicians, Annual Meeting
- 1998 *Integrative Medicine Resources*, Full-day CE for Kentucky Association of Medical Librarians