

Elder Friendly Futures 2017

CONCURRENT SESSIONS IV

Mind, Body & Medicine – Mindfulness

Application of Mind-Body Medicine Techniques to Enhance Professional Self-Care and Patient Well-Being

Karan Dawson, Clinical Associate Professor, UW School of Pharmacy

Mindfulness Techniques for Individuals Living with Dementia and their Care Partners

Kristoffer Rhoads, Associate Professor, Department of Neurology; UW Memory and Brain Wellness Center

KARAN DAWSON

Karan Dawson is an Associate Clinical Professor at the University Of Washington School Of Pharmacy. She teaches in several courses focusing on human behavior, communication, geriatrics, mind/body/spirit/medicine, and interprofessional education. She also precepts pharmacy clerkship students in their final year of school. Karan with three pharmacist colleagues consults in eight retirement communities in an innovative, non-dispensing pharmacy practice. Karan has won three innovative teaching awards and served in a series of elective offices for the American Association of Colleges of Pharmacy. Currently she serves on two curriculum innovation committees, the board for The Center for Chronic Illness, and on the Joint University Houses/UW Retirement Association Advisory Council. Her core teaching goals are to enhance patient well-being and professional self-care.

KRISTOFFER RHOADS

Kristoffer Rhoads, Ph.D. is an Associate Professor in the Department of Neurology at the UW School of Medicine.. He currently serves as the primary clinical neuropsychologist for the UW Memory and Brain Wellness Center at Harborview, specializing in the evaluation and treatment of dementia and neurodegenerative disorders. Dr. Rhoads currently serves on the Board of Directors of the Washington Chapter of the Alzheimer's Association, and was recently appointed as Chair of the Health/Medical Care Subcommittee for the Washington State Working Group to develop and implement a state plan for Alzheimer's disease as well as Chair of the Bree Collaborative workgroup to develop and implement dementia care standard for the state of Washington.