Meditation in Medicine

The Summer School is set within the context of the development of meditation, particularly in the field of medicine. Meditation, as it is commonly understood nowadays, corresponds to a practice whose goal is to train the skills of attention and discernment to what is present in the moment (thoughts, emotions, physical sensations), thus helping professionals to acquire a better internal stability, better health and/or greater well-being with less suffering. In addition to the documented improvements on the symptoms of various diseases, meditation considerably modifies patients' "perception of illness" and the vision they have of their life, allowing them to face it with more wisdom and serenity. Meditation thus fits in as a participatory and integrative medicine of the human being in all aspects of body, mind and heart.

The Summer School is divided into intensive residential days that include lectures and daily sessions of meditative practice.

The expected results are the following:
1) to make students discover and become familiar with the practice of mindfulness meditation through first-hand experience;
2) to address the mind-body relationship in meditative practice;
3) to learn how to manage stress in the relationship with themselves in a situation of learning and professional activity;
4) to learn how meditation can play a role in empathy and compassion towards the patient in the therapeutic relationship and with others in general;
5) to know scientific data relating to the mechanisms of action of meditation and epidemiological and clinical data in supportive therapy and prevention;
6) to provide information about the Mindfulness-Based Stress Reduction (MBSR) program, its content, and its educational, participatory, and experiential format.