SPIRITUALITY & HEALING IN MEDICINE:
Including New Intercessory Prayer Findings
and the Concept of Emergence

DECEMBER 2 - 3, 2006
THE WESTIN COPLEY PLACE • BOSTON, MA

Under the direction of
Herbert Benson, MD and Christina M. Puchalski, MD

PRESENTED BY

HARVARD MEDICAL SCHOOL
Department of Continuing Education

BETH ISRAEL DEACONESS MEDICAL CENTER
Department of Medicine

George Washington Institute for Spirituality and Health (GWish),
THE GEORGE WASHINGTON UNIVERSITY
For almost 40 years, laboratories at the Harvard Medical School have systematically studied mind/body interactions. The research established that when a person engages in a repetitive prayer, word, sound, or phrase and when intrusive thoughts are passively disregarded, a specific set of physiologic changes ensue. These changes—decreased metabolism, heart rate, blood pressure and rate of breathing—are the opposite of those induced by stress, and have been labeled the relaxation response. Surveys indicate that over 60% of visits to health care professionals are for conditions caused or exacerbated by stress and that the relaxation response is an effective therapy for stress-related conditions.

Many people who elicit the relaxation response also note increased spirituality. Spirituality is expressed as experiencing the presence of a power, a force, an energy or what was perceived of as God, and this presence is close to the person. This finding opened the door to questions about the healing effects of spirituality and to the creation of this course. It was one of the first to relate medicine with spirituality and healing.

Spiritual practices offer millennia of experience that are deeply rooted in the use of prayer and belief. In the last ten years, there has been a shift in medical education with increasing focus on the influence of spirituality in healthcare. It is important that healthcare professionals be aware of the benefits of spiritual practices in order to better serve their patients.

Numerous recent studies have been done that relate the relaxation response and the effects of prayer to healing. The purpose of this conference is to share these newest observations defining the relaxation response that will include its fundamental biological and neurological underpinnings as well as the findings of this last year relating to intercessory prayer.

These research studies have used traditional scientific methodology. Yet, theologians and philosophers have raised the question of whether such reductionistic scientific approaches can explain the full effects of spiritual practices and beliefs. Emergent theory suggests that the totality is greater than the sum of its individual, measurable components. The presentation of emergence will be yet another new feature of this course.

Course objectives will be met through interactive dialogue and experiential learning.
## COURSE DIRECTORS

<table>
<thead>
<tr>
<th>Faculty Name</th>
<th>Title and Institution</th>
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<tbody>
<tr>
<td><strong>Herbert Benson, MD</strong></td>
<td>President, Mind/Body Medical Institute</td>
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<tr>
<td><strong>Christina M. Puchalski, MD</strong></td>
<td>Director, The George Washington Institute for Spirituality and Health (GWish)</td>
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<td><strong>Ted J. Kaptchuk</strong></td>
<td>Assistant Professor of Medicine, Harvard Medical School</td>
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<td><strong>Robert B. Laughlin, PhD</strong></td>
<td>Nobel Laureate, Professor, Physics, Stanford University</td>
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<tr>
<td><strong>Jeffery Dusek, PhD</strong></td>
<td>Associate Research Director, Mind/Body Medical Institute</td>
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<tr>
<td><strong>Marcia Feldman</strong></td>
<td>Hospice Musician, Sherrill House Chaplain Department</td>
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<tr>
<td><strong>Gregory L. Fricchione, MD</strong></td>
<td>Associate Chief of Psychiatry, Massachusetts General Hospital</td>
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<tr>
<td><strong>Mary Matthiesen, BA</strong></td>
<td>Founder, Courage to Choose, Courage to Care, Sausalito, CA</td>
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<tr>
<td><strong>Ann Webster, PhD</strong></td>
<td>Instructor in Medicine, Harvard Medical School</td>
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### Associate Course Director

**Rev. Natalia Vonnegut Beck, MA**  
*Staff Priest, Christ Church Cathedral, Indianapolis, IN*

**Daniel G. Holbrook Fellow, Harvard Medical School**  
*Consultant, Mind/Body Medical Institute*
Music at all breaks during the conference will be performed by Marcia Feldman.

<table>
<thead>
<tr>
<th>Saturday, December 2</th>
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<tr>
<td><strong>8:30 am - 10:00 am</strong>&lt;br&gt;Four Decades of Mind/Body and Spirituality Findings&lt;br&gt;Herbert Benson, MD</td>
<td><strong>8:00 am - 8:30 am</strong>&lt;br&gt;Continental Breakfast</td>
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<td><strong>10:00 am - 10:30 am</strong>&lt;br&gt;Refreshment Break/Music</td>
<td><strong>8:30 am - 9:30 am</strong>&lt;br&gt;Is Prayer Worth the Effort: Healing and Spiritual Perspective&lt;br&gt;Rev. Edward L. Wheeler, PhD</td>
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<tr>
<td><strong>10:30 am - 11:30 am</strong>&lt;br&gt;Spirituality and Health: What is Evidence and What is Mystery? Foundations for Integrating into Healthcare&lt;br&gt;Christina M. Puchalski, MD</td>
<td><strong>9:30 am - 10:30 am</strong>&lt;br&gt;Quantifying the Mystery?&lt;br&gt;Rev. Natalia Vonnegut Beck, MA</td>
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<td><strong>11:30 am - 12:15 pm</strong>&lt;br&gt;Study of Therapeutic Effects of Intercessory Prayer: Results and Implications&lt;br&gt;Jeffery Dusek, PhD</td>
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<td><strong>12:15 pm - 1:45 pm</strong>&lt;br&gt;Commentary on Spirituality &amp; Healing in Medicine From a Theological Perspective&lt;br&gt;Sarah A. Cookley, ThM, PhD</td>
<td><strong>11:00 am - 12:00 pm</strong>&lt;br&gt;Spirituality and Resiliency: The Neuroscientific Role of Belief in Health Promotion&lt;br&gt;Gregory L. Fricchione, MD</td>
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<td><strong>12:30 pm - 1:45 pm</strong>&lt;br&gt;Lunch on your own</td>
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<td><strong>1:45 pm - 2:45 pm</strong>&lt;br&gt;Overview of Emergence&lt;br&gt;Robert B. Laughlin, PhD</td>
<td><strong>1:15 am - 3:00 pm</strong>&lt;br&gt;Workshops&lt;br&gt;1) Intercessory Prayer&lt;br&gt;Rev. Dean V. Marek, BA</td>
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<td><strong>2:45 pm - 3:00 pm</strong>&lt;br&gt;Transition Time</td>
<td>2) Teaching Techniques that Elicit the Relaxation Response&lt;br&gt;Ann Webster, PhD</td>
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<td><strong>3:00 pm - 5:00 pm</strong>&lt;br&gt;Panel: Moderated by Dr. Timothy Johnson&lt;br&gt;Herbert Benson, MD&lt;br&gt;Christina M. Puchalski, MD&lt;br&gt;Jeffery Dusek, PhD&lt;br&gt;Rev. Sarah A. Cookley, ThM, PhD&lt;br&gt;Robert B. Laughlin, PhD&lt;br&gt;Rev. Natalia Vonnegut Beck, MA&lt;br&gt;Gregory L. Fricchione, MD&lt;br&gt;Rev. Edward L. Wheeler, PhD</td>
<td>3) Positive Psychology and Spirituality&lt;br&gt;Margaret Baim, MS, NP</td>
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<td><strong>7:30 pm - 9:00 pm</strong>&lt;br&gt;Creative Dialogue&lt;br&gt;Rev. Natalia Vonnegut Beck, MA&lt;br&gt;Christina M. Puchalski, MD</td>
<td>4) The Placebo Effect: Ritual &amp; Controversy&lt;br&gt;Ted J. Kaptchuk</td>
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<td><strong>4:45 pm - 5:00 pm</strong>&lt;br&gt;Concluding Comments/Q&amp;A</td>
<td>5) Theological Approaches to Understanding Prayer&lt;br&gt;Rev. Joseph J. Driscoll, MDiv, MS</td>
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<td>4) Developing a Theology of Emergence&lt;br&gt;Philip Clayton, PhD</td>
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<td><strong>4:45 pm - 5:00 pm</strong>&lt;br&gt;Concluding Comments/Q&amp;A</td>
<td>5) Getting Comfortable with Mystery in the Clinical Setting&lt;br&gt;Mary Matthiesen, BA</td>
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REGISTRATION INFORMATION
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- Tuition fee for Physicians: $495 (USD)
- Reduced fee for Residents* and Fellows in Training* and all Non-Physicians: $325 (USD)

*A letter of verification from Department Chair must accompany registration form for a reduced fee. Full payment must accompany registration form (check payable to Harvard Medical School).

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If paying by credit card, fax the completed registration form to (617) 384-8686, mail it to the above address, or register online at www.cme.hms.harvard.edu/courses/healing. Telephone registrations are not accepted. Inquiries should be directed to the above address, made by phone: (617) 384-8600, Monday-Friday, 10 am to 4 pm (EST), or by e-mail: hms-cme@hms.harvard.edu. Upon receipt of registration a confirmation letter will be mailed to the address listed on the form.

REFUND POLICY
A handling fee of $60 is deducted for cancellation. Refund requests must be received by mail or fax one week prior to the course. No refunds will be made thereafter.

COURSE LOCATION
The Westin Copley Place
10 Huntington Avenue
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(617) 262-9600

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You are urged to make your reservations early. A limited number of rooms have been reserved at The Westin Copley Place: (617) 262-9600. Please specify that you are enrolled in this class to receive a reduced room rate of $199 Single/Double per night. Reservations must be received by November 9, 2006. A map of Boston listing local hotels will be sent with your confirmation of enrollment. For additional housing assistance, call Boston Reservations at (617) 332-4199. For information on reduced airfare, call HMS-CME at (617) 384-8600, Monday - Friday, 10 am to 4 pm (EST).

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SPIRITUALITY & HEALING IN MEDICINE
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