Friday, 3. November 2017
13:30 – 18:00 h
Grosser Hörsaal NORD 1 D
University Hospital Zurich

Followed by one day with workshops and clinical guidance in German:
Saturday, 4. November 2017
Program details:
www.iki.usz.ch/MBM
Dear colleagues and friends,

It is our great pleasure to invite you to our fifth international scientific symposium at the Institute for Complementary and Integrative Medicine.

According to the definition of the NIH in the USA mind and body practices focus on the interactions among the brain, mind, body, and behavior, with the intent to use the mind to affect physical functioning and promote health.

At the International Symposium “Mind Body Medicine: Evidence and Implications” speakers from Europe and the USA will provide an overview about elements that are important for Mind Body Medicine.

The scientific symposium will be followed by a day with workshops and clinical guidance (4th of November, language German), which allow health professionals to get more hands on insight on Mind Body Medicine.

We very much look forward seeing you!

Claudia Witt, MD, MBA
Chair and Director
3. November 2017

Moderation: Claudia Witt, MD, MBA

13:30 h Opening Remarks
Jürg Hodler, MD, MBA

13:45 h The impact of exercise on health
Katrien De Bock, PhD

14:30 h Yoga: Clinical evidence and implications
Holger Cramer, PhD

15:15 h How to promote lifestyle change and its maintenance?
Urte Scholz, PhD

16:00 h Coffee break

16:30 h Mindfulness: Clinical evidence and neural mechanisms
Tim Gard, PhD

17:15 h Medical hypnosis – Evidence and clinical implications
Peter Sandor, MD

18:00 h Closing Remarks

Workshop in German:
4. November 2017

For program details, please go to
www.iki.usz.ch/MBM
Speakers

Jürg Hodler, MD, MBA
Professor and Medical Director, University Hospital Zurich

Katrien De Bock, PhD
Professor for Exercise and Health, Institute for Human movement Science and Sport, ETH Zurich

Holger Cramer, PhD
Research Director, Department of Internal and Integrative Medicine, Kliniken Essen-Mitte, University of Duisburg-Essen

Urte Scholz, PhD
Professor for Applied Social and Health Psychology, Department of Psychology, University of Zurich

Tim Gard, PhD
Department of Psychiatry, Massachusetts General Hospital, Harvard Medical School

Peter Sandor, MD
Associate Professor, Medical Director Neurology RehaClinic, President Swiss Society for Medical Hypnosis

Moderation

Claudia Witt, MD, MBA
Professor and Director, Institute for Complementary and Integrative Medicine University Hospital Zurich

Scientific Organization

Claudia Witt, MD, MBA
Matthias Rostock, MD

Registration and contact

Please register with Christine Lakits:
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Credits

We have applied for credits.

Location

University Hospital Zurich
Grosser Hörsaal NORD 1 D
Frauenklinikstrasse 10
8091 Zurich