

John A Patterson MD, MSPH, FAAFP
Curriculum Vitae
2023

EDUCATION/TRAINING:

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

BOARD CERTIFICATION

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

OTHER EDUCATION/TRAINING

Oct/2014-Oct/2019 Internship and Certification by Mindful Practice Program, U of Rochester School of Medicine (served on faculty 2014 and 2016 teaching mindful tango)
 June/2015-May/2016 Certified by Physician Coaching Institute (Seattle Washington)
 June/2006-May/2017 Training and Certification as teacher of Mindfulness-Based Stress Reduction (MBSR) Center for Mindfulness in Medicine, Health Care and Society, U Massachusetts Medical Center
 May/2017 Certified Yoga Therapist by the International Association of Yoga Therapists
 Sept/2014 Certified in iRest Yoga Nidra by Integrative Restoration Institute (San Rafael, CA)
 June/2000-May/2002 Group facilitator certification (124 hours), Center for Mind-Body Medicine (Washington, DC)
 May/2000 Yoga teacher certification (200 hours), Integral Yoga Institutes, Buckingham, Virginia
 Mar/1994-Sept/1994 Institute for the Study of Health and Illness at Commonweal (Rachel Remen, MD, Director), completed core curriculum (85 hours)
 July/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 Associate professor, community-based 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

2017 *Mindfulness Skills for Health Care Teams*, UKHC Senior Operations Team
 2017 LEAD (Leadership Development Program), *Essential Mindfulness Skills for Leading and Living, mini-retreat*
 2013, 2014 Continuing Education (CE CENTRAL), 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

2024	Division of Nephrology, faculty and admin, Mindful Practice in Medicine, 8 week stress management course
2023	Division of Nephrology, American College of Physicians, continuing education seminar on mindfulness based stress management
2023	Division of Nephrology, Kentucky Kidney Foundation, mindfulness stress management for nurses and technicians
2017	Neurology Grand Rounds, <i>The Mindful Neurology Department - Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion</i>
2017	<i>Family Medicine Resident Well Being, Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion</i>
2016	<i>Mindful Medical Practice- Promoting resilience, Managing stress, Preventing Burnout and Cultivating compassion</i> , UK College of Medicine General Faculty Development Workshop
2016	<i>Mindful Medical Practice- Promoting resilience, Managing stress, Preventing Burnout and 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
2013	Ayurvedic Medicine presentation to Global Health track 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- 2019	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 *The Heart and Soul of Medicine (Mind, Body, Spirit, Environment)*, three noon-time seminars, served as the pilot for a medical student elective based on the Medical Synthesis special project
- 1997-2006 *Integrative Medicine: Combining the Best of Conventional, Alternative, and Complementary Practice*, medical student elective
- 1992-1993 Member, Task Force on Electives, University of Kentucky College of Medicine, Robert Wood Johnson Curriculum Remodeling Grant
- 1992 *Medical Synthesis-Mind, Body, Spirit, Environment (An introduction for incoming medical students)*, three evening presentations

TEACHING- University of Kentucky College of Nursing

- 2018 UK College of Nursing and Center for Interprofessional Education
CPR (cultivating practices for resiliency) Camp
Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion
A Health Professions Student Team Building Retreat, Shaker Village June 1-3, 2018
- 2017 Faculty/staff all day retreat *Building an Exemplary College of Nursing Team by Communicating Mindfully, Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion*
- 2016 *Mindfulness Mini-Retreat* for College of Nursing faculty and staff
- 1993 (April) Graduate Nursing Seminar, "A Mind, Body, Spirit, Environment Model of Medicine"

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

- 2017 Half-day, College of Health Sciences staff wellness retreat
- 2014-2015 Student lecture, *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 planning for student research on mindfulness and pharmacist errors

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

- 2015 Supervisor of clinical *Mindfulness Skills Group* by psychology graduate students (PhD candidates)

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

- 2004-2005 *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
- 2016 *Mindfulness Based Stress Reduction- Promoting Resilience, Managing Stress and Communicating with Compassion*, UK HR Training and Development Retreat
- 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 Mindfulness didactic and experiential sessions in Proseminar: *Brain, Body and Mind*

TEACHING- University of Kentucky Graduate School

- 2017 Clinical Psychology, Outside examiner, dissertation defense, *Maintenance of positive affect during pain*

TEACHING- Lexington Medical Society

- June 2023 Mindful Practice in Medicine, physician mini-retreat, Practical Skills for Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion
- October 2023 Mindful Practice in Medicine, physician mini-retreat, Practical Skills for Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion

TEACHING- University of Kentucky Public Radio WUKY

- 2017 *Mindfulness approaches to anxiety and exam stress*, panel discussion
- 2014 *Your mindful moment*, panel discussion addressing mind-body approaches to health

TEACHING- University of Louisville School of Medicine

- 2012-2019 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 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

LEADERSHIP TRAINING

2017 Kentucky Physicians' Leadership Academy graduate
2017 Healthcare Leadership School, Kentucky Medical Association/Compassionate Louisville co-sponsor
2017 Lexington Medical Society, *Leadership in Practice workshop*
2015 Kentucky Medical Association, *Community Connector Leadership Program*

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
1998-2005 Founder and Executive Director, Kentucky Center for Integrative Medicine

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

2000, 2001, 2002, 2003 *Mindfulness Skills for Leaders*, Counsel of State Governments
2017 *Team-building by Communicating Mindfully, Promoting Resilience, Managing Stress, Preventing Burnout and Cultivating Compassion*, Blue Grass Community Foundation staff retreat
2016-2017 *Mindfulness for yoga teachers*, Lexington Healing Arts Academy, yoga teacher training course
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