

Finding Peace Through Subtle Minds: Mindfulness and Compassion with Barry Kerzin, MD



Barry Kerzin, MD, is an American physician and Buddhist monk. He has lived in Dharamshala, India, since 1988, where he provides medical care to the 14th Dalai Lama and treats people in his local community, free of charge. Dr. Kerzin has traveled throughout the United States teaching the medical benefits of meditation, mindfulness and compassion.

Attend the Seminar

In the two-hour session, you will learn about the impact that mindfulness, self-care and compassion can have on your resilience and healing after experiencing stressful events. You can join in-person or virtually.

How to Register

To register, please [click here](#), or use the QR Code to get to the course homepage.



If you do not already have an account, click “Register” to create one. You will select from the drop-down and click add to cart. Please fill out all requested information to complete registration.

Date/Location

Tuesday, September 27, 2022

12:00 Noon – 2:00 pm

UPMC Presbyterian – 1105A/B Scaife Hall

Virtual Link:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_N2lwODY3NGEtOGFjNi00M2_QzLWEyMWUtNjlzNTBjNWlxNTg0%40thread.v2/0-

Course Evaluation, Claiming Credits

To claim CME credit you must register.

Instructions for claiming your credit will be located on the course homepage.

Accreditation

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Nursing (CNE)

The maximum number of hours awarded for this Continuing Nursing Education activity is 2.0 contact hours.

Other Healthcare Professionals: Other health care professionals will receive a certificate of attendance confirming the number of contact hours