

OSHER CENTER FOR INTEGRATIVE HEALTH  
AT THE UNIVERSITY OF CINCINNATI

# FACULTY TRAINING IN MIND-BODY MEDICINE

*Educating for Enhanced Self-Awareness and Self-Care*



## Creating a Culture of Mindfulness

This experiential program provides faculty with the training, tools, and strategic thinking necessary to implement mind-body medicine skills groups in their institutions.

During a three-day weekend retreat to Murphin Ridge Inn, faculty will be introduced to meditation, guided imagery, biofeedback, breathing techniques, and other mind-body approaches that can alleviate stress and foster self-awareness and self-care. Participants will experience the power of these approaches first-hand while learning how to lead mind-body groups for students.

The program includes seven group sessions, several individual activities, short didactic presentations, and feedback sessions. Participants are provided with all course materials, enabling them to launch similar programs in their institutions after the retreat.

## Registration and Application:

<https://bit.ly/4mZMRWe>

### INFORMATION

**WHEN:** March 5-8, 2026

**WHERE:** MURPHIN RIDGE INN  
WEST UNION, OHIO

**WHO SHOULD APPLY:** FACULTY  
MEMBERS WHO WANT TO  
IMPLEMENT MIND-BODY MEDICINE  
SKILLS GROUPS

**TUITION:** \$3,750 INCLUDES COURSE  
MATERIALS, THREE NIGHTS'  
LODGING, THREE HEALTH-  
CONSCIOUS GOURMET MEALS  
DAILY, AND MORE THAN 140  
ACRES OF GARDENS AND TRAILS

**FOR MORE INFORMATION, CONTACT:**  
OSHER.INTEGRATIVE@UC.EDU

# ABOUT THE FACILITATORS

## Sian Cotton, PhD



Sian Cotton, PhD, is a licensed clinical psychologist, founding director of the Osher Center for Integrative Health and the Turner Farm Foundation Chair at the University of Cincinnati College of Medicine. A Professor in the Department of Family and Community Medicine and the Division Director for Integrative Medicine, Dr. Cotton has an active research lab with ongoing clinical studies focusing primarily on mindfulness-based interventions and integrative medicine practice-based research. She is the current Chair of the Board of Directors for the Academic Consortium of Integrative Medicine and Health, a group of 86 leading academic institutions and served as 1 of 8 Congress Co-Presidents for the 2nd World Congress on Integrative Medicine in Rome September 2023. Dr. Cotton is often invited to speak with community organizations and businesses, healthcare audiences, and academics about mind-body medicine for stress reduction, and preventive and wellness-based approaches to healthcare.

## Aviad Haramati, PhD

Aviad "Adi" Haramati, PhD, is Professor of Integrative Physiology and Medicine and the founding director of a Center for Innovation and Leadership in Education (CENTILE) at Georgetown. He serves as co-director of the Graduate Program in Integrative Medicine and Health Sciences at Georgetown University School of Medicine. Dr. Haramati's research is focused on renal and electrolyte physiology; in the past two decades his activities have centered on medical education and rethinking how health professionals are trained. Dr. Haramati has taught medical and graduate students for over 40 years and received institutional, national and international teaching awards. He served on the Physiology Test Development Committee (USMLE Step 1) for the National Board of Medical Examiners, and past president of the International Association of Medical Science Educators (IAMSE). Dr. Haramati was the first Vice-Chair of the Consortium of Academic Health Centers for Integrative Medicine and chaired the Organizing Committee for four of the International Research Congresses on Integrative Medicine and Health (2009-2014). Dr. Haramati has advocated that mindful practices, together with small groups, be integrated in the training of health professionals to foster resilience and improve well-being in the learning and work environments at academic health centers. He currently chairs the board for the Accreditation Council for Professional Nutrition Education. He is a former member of the Board of Directors for the Association of American Medical Colleges (AAMC), a member of the Governing Council of the Association of Medical Education in Europe, and a member of the Executive Council of the World Federation for Medical Education. He has been a visiting professor at over 100 medical schools worldwide, and he co-leads the faculty training program in Mind-Body Medicine at Georgetown University and the University of Cincinnati.

