

News Release

U of M Professor Mary Jo Kreitzer to present Wellness Program

By Elizabeth Tollefson on Wednesday, March 9, 2016

Professor Mary Jo Kreitzer (in photo), director of the University of Minnesota's Center for Spirituality and Healing will present "Cultivating well-being in our lives and communities" at the University of Minnesota Crookston. A presentation and workshop for practitioners will take place on Wednesday and Thursday, March 23-24, 2016.

On Wednesday evening, March 23, the public is invited to a dinner at 5:15 p.m. followed by a presentation by Kreitzer at 6 p.m. on "Cultivating well-being in our lives and communities" along with a discussion. The meal is \$5.50 and guests may go through the food line in Brown Dining Room and bring their meal to Bede Ballroom, Sargeant Student Center.

On Thursday, March 24, a workshop for health care practitioners will be held from 8 to 10 a.m. in the Prairie Room, Sargeant Student Center. The objective of the workshop will be to describe the evidence underlying mindfulness and mindfulness interventions, demonstrate mindfulness practices, and discuss how mindfulness can be applied in the work or clinical setting. Advanced registration is requested for this session. For reservations, e-mail Dan Svedarsky at dsvedars@crk.umn.edu or Heidi Castle at hicastle@crk.umn.edu.



Background

As the founder and director of the Center for Spirituality and Healing, Dr. Mary Jo Kreitzer brings more than 20 years of leadership and expertise to the field of integrative health and medicine.

She was the principal investigator of a \$1.6 million National Institutes of Health (NCCAM) education grant and a Fetzer Institute funded evaluation of the Inner Life of Healers Program and the co-PI of a five year \$2.1 million NIH (NINR) clinical trial of mindfulness meditation with solid organ transplant patients and a clinical trial comparing mindfulness meditation with pharmacotherapy for people with chronic insomnia.

She is currently the principal investigator on a study funded by Medica Research Institute on the outcomes of health coaching, the co-principal investigator of a clinical trial funded by BlueCross/Blue Shield Minnesota on the impact of an integrated residential treatment program on women with eating disorders.

In addition to her administrative responsibilities in the Center for Spirituality and Healing, Mary Jo teaches a course on optimal healing environments in the graduate minor in integrative therapies and healing practices and is a tenured professor in the School of Nursing where she is co-director of the doctorate in nursing practice (DNP) program in integrative health and healing. Learn more at www.csh.umn.edu.

These activities are sponsored by Center for Sustainability and Crookston Students for Sustainable Development (CSSD), UMC Career Development and Counseling Department, Northwestern Mental Health, and Minnesota Institute for Contemplation and Healing (MICAH).

The University of Minnesota Crookston now delivers 34 bachelor's degree programs, 22 minors, and 39 areas of emphasis on campus as well as 14 degree programs entirely online. These degrees are offered in the areas of agriculture and natural resources; business; liberal arts and education; and math, science and technology. With an enrollment of 1,800 undergraduates from more than 20 countries and 40 states, the Crookston campus offers a supportive, close-knit atmosphere that leads to a prestigious University of Minnesota degree. "Small Campus. Big Degree." To learn more, visit www.umcrookston.edu.

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