

SPEAKER PROFILES

INTERNAL MEDICINE & MINDFULNESS FOR MEDICAL PROFESSIONALS: CULTIVATING RESILIENCE

ALASKA: JULY 16-23, 2017



Timothy Cook, MD, FRCPC, MHP, DTMH, CD, LCol (Ret'd) (Internal Medicine)

Dr. Cook completed his MD at Queen's University (1986), General Internal Medicine fellowship at the University of Toronto (1995) and a Master's degree in Public Health (Health Promotion) from the University of London (UK) (2006). LCol Cook (Ret'd) enjoyed 20 years in the Canadian Forces Medical Services, retiring in 2003. He trained in occupational and environmental health, had several deployments abroad and also served as the personal physician to two Governors General of Canada. Since then he has been recognized for his work in executive and corporate health and was the Associate Medical Director and Chief Medical Officer of two executive health clinics in downtown Toronto. Over the past decade Dr. Cook has expanded his interest in disease prevention and management through the incorporation into his life and clinical practice of Mind-Body medicine, mindfulness meditation and integrative health. In 2013 he founded the P3 Health Clinic for Personalized, Participatory and Preventive Medicine, and directs a multi-disciplinary team of conventional and complementary health practitioners.



Rahul Gupta, MD, CCFP, PCC (Mindfulness Medicine)

Rahul works as an integrative medical physician, professional coach, mindfulness instructor, and advocate for physician wellness. He is a Certified MBSR (Mindfulness-Based Stress Reduction) Teacher having trained with the Center for Mindfulness and offers this program to both physicians and patients in British Columbia. He also is a professional coach accredited by the International Coaching Federation and supports physicians as a consultant for the Physician Health Program of BC. He lives and works in Gibsons, BC and travels throughout the province to speak on the topics of patient self-management and physician self-care.

Rahul is a Clinical Instructor for the UBC Department of Family Practice in the Postgraduate Residency Program.



Linda Kruger, PhD (Global Medicine)

As a social scientist with the US Forest Service in Juneau, Alaska my research focuses on climate change and Alaska Natives and rural communities; the health benefits of spending time in nature; community adaptation, sustainability and resilience within a context of social, cultural, economic, and biophysical change; benefits of volunteer activities (especially for seniors), and collaboration and partnerships, including innovative approaches to working together. I am the Alaska Native and American Indian Special Emphasis Program Manager and Tribal Liaison for the Pacific Northwest Research Station. Recent work includes working with Tribal elders and youth to document traditional harvest and use of forest products, exploring experiences and observations of climate change, and co-editing "Place-Based Conservation: Perspectives from the social sciences" (Williams, D., Stewart, W. and Kruger, L.) published in January 2013 by Springer Publishing.