One-Moment Meditation

A technique that is becoming increasingly popular in the United States is One-Moment Meditation. The technique, developed by Martin Boroson, is a form of meditation that allows people to become more present and engaged in their daily lives. Boroson believes that when people practice One-Moment Meditation, they become more mindful and aware of their surroundings, which in turn leads to better decision making and improved health.

Boroson’s method involves temporarily withdrawing from stimuli – the physical environment, the sounds, and thoughts that surround you – and focusing on your breathing. By doing this for a brief moment, you can clear your mind and become more present, which can ultimately lead to improved mental and physical health.

One-Moment Meditation is especially helpful for busy individuals who may not have the time to meditate for longer periods. By practicing this technique, people can learn to become more present in their daily lives, which can lead to improved focus, reduced stress, and increased mental clarity.

In addition to its health benefits, One-Moment Meditation has also been shown to improve people’s ability to listen and observe their environment. This can be particularly useful in leadership and management roles, where being aware and present is key to effective decision making.

Martin Boroson is a professor of Microbiology and Immunology at UC Davis, and he is the author of the book “One-Moment Meditation: An Ancient Art Enables Rejuvenation.” His technique is easy to learn and can be practiced anywhere, making it a great tool for individuals who are on the go.

People who practice One-Moment Meditation often find that it dogged them throughout the day – they were too busy. Martin Boroson believes that when people practice One-Moment Meditation, they become more mindful and aware of their surroundings, which in turn leads to better decision making and improved health.

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**CRAIG BERRIS HELPS RESIDENTS GAIN OCULOPLASTIC SURGERY EXPERIENCE**

The number of people who undergo cosmetic oculoplastic treatments continuously grows, as ophthalmologists and affectionate residents, such as Craig Berris, MD, a specialist in ophthalmic plastic and reconstructive surgery, work to maintain the balance of function and form that is necessary to sustain the quality of life for patients affected by conditions such as thyroid ophthalmopathy.

Berris has taken a number of proactive steps to provide education and training for residents in this field. A former president of the American Society of Ophthalmic Plastic and Reconstructive Surgery, Berris has delivered lectures on the treatment of advanced phases of thyroid ophthalmopathy and has been a key figure in the establishment of specific training programs in secondary fellowship training in the area of oculo-plastic surgery.

**Coaching specialties in thyroid and facial nerve management.**

David Tom Cooke, M.D., a pioneer professor of clinical medicine and a specialist in ophthalmology, has spent his career carefully examining the roles botulinum toxin plays in affecting the function and form of the eyelid and other parts of the head and neck. Cooke was one of the first to write about the use of botulinum toxin for cosmetic purposes, and his research has played a key role in advancing the field.

**Murphy works with engineers to improve patient outcomes.**

In June 2009, the University of California, Davis Medical Center and UC Davis Health System established the initiative, a comprehensive program to improve clinical outcomes through the development and testing of novel medical devices and technologies.

**Faculty colleagues are acknowledged in recognition of their dedication and efforts.**

At the Faculty Development Advisory Council meeting, the Dean’s Recognition Program, the Mentor of the Year, and the Faculty Appreciation Program were recognized and honored.

**Berris, who this year marked his 30th year at UC Davis, recently was appointed professor of ophthalmology surgery at the University of California, Davis Medical Center.** He has been a faculty member in the Department of Ophthalmology and Visual Science, and the School of Veterinary Medicine Veterinary Teaching Hospital.

**Berris is one of the founding faculty members of the UC Davis Vision Center.** He joined the faculty in 1989, and is among the few hundred specialists in the nation who are subspecialists in the Sacramento region, including surgery for cancer of the eyelids, dermal filler injections. He is experienced in considerably more complex procedures than he might otherwise have experience.

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The initiative, a comprehensive program to improve clinical outcomes through the development and testing of novel medical devices and technologies, is led by the director, and is among the few hundred specialists in the nation who are subspecialists in the Sacramento region, comprising a tertiary referral practice encompassing a laboratory, research center, and retail surgical practice. Berris is sole proprietor of the Center for Cosmetic and Reconstructive Surgery. Berris is sole proprietor of the Center for Cosmetic and Reconstructive Surgery.

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Cooperative surgical pathology and clinical research activities were central to the concept, suggesting use of botulinum toxin to treat facial lines and wrinkles. Berris was co-author of the first laboratory and clinical applications of botulinum toxin in ophthalmic surgery and a full-service practice that he regards as a hybrid entity between functional surgeries at the major leagues and the millions of people who undergo cosmetic surgery. Berris is one of only four oculoplastic surgeons in the United States who train residents in both reconstructive and cosmetic surgery.
EREST GERENCEHOLD FOR SERVICE TO FACULTY DEVELOPMENT

Each edition of the Faculty Development newsletter introduces several faculty champions who recently joined the UC Davis Health System community. Watch for more new clinical and research staff members in the next issue.

Coakle specialists in therapeutic and integrative medicine.

David Tan Cooke, M.D., is an associate professor of clinical medicine and is a specialist in transitional care and palliative medicine. He has published in ophthalmic surgery and the Journal of the American Medical Association, with many presentations and articles. He has served as a consultant for several pharmaceutical companies and is a member of the Faculty Development Task Force.

He received his medical degree from the University of California, Los Angeles, School of Medicine, and completed his residency in ophthalmology at the University of California, Davis, Medical Center. He has published extensively in the field of ophthalmology, with many presentations and articles. He has served as a consultant for several pharmaceutical companies and is a member of the Faculty Development Task Force.

Therefore, the Task Force is responsible for ensuring that the implementation of the Faculty Forward Task Force continues to focus on the needs of all faculty members, and to ensure that the recommendations for the faculty development program are followed. The Task Force is responsible for evaluating the effectiveness of the program and making necessary changes to ensure its continued success.
One-Moment Meditation: Stillness for People on the Go

Martin Boroson teaches ‘One-Moment Meditation’ techniques

A surprising cross-section of the School of Medicine community attended the workshop, and from the comments I received, most everyone found the session beneficial. onions say they almost didn’t come because they were too busy. Martin Boroson, shown here meditating at Heuston Station in Dublin, Ireland, conducted two workshops in Dublin and New York City in February. People who practice One-Moment Meditation, he says, find themselves able to do what they need to do even amongst the storms that come through their day. As Boroson’s own experience demonstrates, meditation can be a great aid to professional and personal success. It is not necessary to sit in a special place to meditate. His technique does not require candles, incense, cross-legged postures or severe discipline. It would seem that the type of time-efficient stress management tool would be extremely useful to help the busy physician achieve a more emotionally balanced state of mind.

Marjorie Rea, professor, Medical Microbiology and Immunology

UC Davis Health System
Faculty Development Office
4500 Stockton St. Suite 401
Sacramento, CA 95819

One-Moment Meditation is a novel form of meditation that allows people to meditate while engaged in a variety of daily activities. The technique, developed by Martin Boroson, can be practiced in as little as one minute and is designed to help individuals become more responsive to things around them. Boroson, who was raised in what he describes as a “very fast-paced” environment, discovered the benefits of meditation while studying Zen Buddhism at the University of California, Berkeley. He later taught meditation at Yale University, where he became interested in the role of meditation in decision-making.

Boroson decided to use the remaining 29 minutes to train physicians in meditation. “I was looking for ‘the’ answer, but there’s no formula here,” he says. “The workshop on One-Moment Meditation is a tool that enables you to find your own way into experience.”

When he peeked at the timer – which he had indeed set – he discovered that 29 minutes had elapsed. “I then thought that I may have forgotten to set the timer,” he says. “But no, there were some. Boroson devised the ‘one-moment’ meditation as an extension of what he learned at Yale, where he studied meditation as part of the medical curriculum. During a 30-minute session, he would sit perfectly still, with his eyes closed, and become detached from the thought that he may have forgotten to set the alarm. Although he tried to dismiss this notion, it dogged him throughout the session. When he peeked at the timer – which he had indeed set – he discovered that 29 minutes had elapsed. “It’s like meditating for one minute, especially when there are so many other things in your life. So much more comes from doing the exercise slowly,” he says. “When you put your attention on the idea of meditation, it’s like a lot of practice to discipline the mind to do this in this way, for at least one minute.”

Boroson knows that physicians may be overwhelmed by their patients’ needs. At UC Davis, where he is an organizational consultant and author, he has found that management techniques that help physicians deal with their patients’ needs are important. “It can’t be done in just one minute,” he says. “You need a whole session.” However, he says, it is important to make time for meditation, even if it is only one minute. “The first exercise takes just one minute,” he says. “The second exercise takes one minute, and the third exercise takes one minute.”

Boroson’s workshop was attended by a wide range of people, including medical students, residents, and attending physicians. “We were all very interested in the idea of meditation,” says an attendee who works at a hospital in New York City. “I think it is going to take a lot of practice to discipline the mind to do this,” she says. “But I’m going to try it.”

The 70 physicians who attended the workshop received copies of Boroson’s book, “One-Moment Meditation,” and were also welcome to attend faculty development events.

You are invited! We encourage you to enroll in these workshops, programs, and courses sponsored by the Faculty Development Office. For more event details and to register, visit www.ucdmc.ucdavis.edu/facultydev/ and click on the workshops or events listed.

One-Moment Meditation: Stillness for People on the Go

Martin Boroson teaches ‘One-Moment Meditation’ techniques

Alternative therapists have long espoused the benefits of the ancient practice of meditation. During recent years, a body of scientific literature has documented evidence that meditation indeed can contribute to mental and physical health.

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Alternative therapists have long espoused the benefits of the ancient practice of meditation. During recent years, a body of scientific literature has documented evidence that meditation indeed can contribute to mental and physical health.
One-Moment Meditation has been a part of you, whether you have a sense of
many things. Some things become visible when you open your mind to see.

Over the last 10 years, Boroson has run meditation workshops at UC Davis and at the<br>
Medical Center, which he has used to teach meditation techniques to students,
faculty and staff. "One-Moment Meditation" is a practice that can be done within<br>
any moment of your day, and it involves a three-step process, which he finds to be very<br>
effective. The three steps are: first, you choose a place where you can sit quietly for one<br>
minute; second, you pay attention to your breath or to a thought or feeling that is<br>
calling your attention; and third, you simply observe what is happening and let it go.<br>

Table:<br>

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>June 14</td>
<td>Faculty Forward Task Force meeting</td>
<td>Sacramento, CA</td>
<td>Faculty Forward Task Force meeting focuses on career development and leadership skills.</td>
</tr>
<tr>
<td>June 22</td>
<td>Multidisciplinary Leadership Program Graduation (MCLP)</td>
<td>Sacramento, CA</td>
<td>Multidisciplinary Leadership Program Graduation (MCLP) celebrates the completion of the MCLP program.</td>
</tr>
<tr>
<td>July 6</td>
<td>Faculty Forward Task Force meeting</td>
<td>Sacramento, CA</td>
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<tr>
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A surprising cross-section of the School of Medicine and Biomedical Sciences take<br>
these courses. The results have been impressive. Participants have reported a<br>
reduction in burnout and mood disorder symptoms, as well as an increase in overall<br>
physical health. Participants also reported a decrease in stress and an increase in<br>
rejuvenation. "I was seeking something to help me through the day," one participant<br>said. "I found One-Moment Meditation to be exactly what I was looking for."