



anita**Chakravarti** M.D.

Dr. Chakravarti is a university professor and retired anesthesiologist working in Health and Wellness Promotion. She is C.E.O. of [M]POWER Mindful Professional Practice, offering seminars and workshops on mindful practice as a catalyst for individual, organizational and global change.

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medicine & anesthesiology

M.D. University of Saskatchewan **1982**

F.R.C.P. (C) Anesthesiology, University of Alberta **1987**

Associate Professor College of Medicine, University of Saskatchewan **1987 – Present**

Faculty Member Dept. of Anesthesiology, Perioperative Medicine & Pain Management, Saskatchewan Health Authority **1987 – Present**

Associate Faculty Centre of Integrative Medicine, University of Saskatchewan **2004 – Present**

CERTIFICATIONS

Mindful Practice® Facilitator Training New York **2017**

Mindfulness Based Stress Reduction Professional Training Week Massachusetts **2010**

Certificate Program in Medical Acupuncture University of Alberta **2003**

Canadian Society of Clinical Hypnosis Alberta **2003**

CEO [M]Power Mindful Professional Practice ®, www.mpower.live **2015**

pain & integrative medicine

SASKATCHEWAN HEALTH AUTHORITY

Physician Chronic Pain Clinic, St. Paul's Hospital **2004-2008**

Medical Director Chronic Pain Center **2007-2010**

Affiliate Member Department of Physical Medicine & Rehab **2006-2010**

COLLEGE OF MEDICINE, UNIVERSITY OF SASKATCHEWAN

Academic Director Pain and Integrative Medicine - Student, Resident, Faculty Teaching **2007-2010**

Associate Faculty Centre for Integrative Medicine - Teaching & Presentations **2004-Present**

UNIVERSITY OF SASKATCHEWAN

Member, U of S Multidisciplinary Pain Committee **2007-2010**

Faculty Lead Pain & Integrative Medicine Teaching Course, College of Dentistry **2007-2010**

Founder Saskatchewan Pain Network **2007-2009**

HIGHLIGHTS:

INTERPROFESSIONAL & INTERDISCIPLINARY PROJECTS AND PRESENTATIONS

Interdisciplinary Coordinator Annual Pain Education Days **2009-2011**

Presenter Interdisciplinary Headache Conference **June 5-6, 2009**

Conference Planner and Presenter Back At it Pain Conference **Jan 18-19, 2008**

Conference Planner and Presenter Pain Management: Drugs and Beyond **Feb 23, 2007**

Conference Presenter Chronic Pain Practical Management of Common Medical Problems **Nov 24, 2007**

Presenter and Coordinator Pain Interest Group **Oct 29, 2007**

Presenter Pain Medicine Emerging Trends Conference **Nov 6, 2007**

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HIGHLIGHTS:

INTERPROFESSIONAL & INTERDISCIPLINARY PROJECTS AND PRESENTATIONS

Coordinator and Presenter PostGrad Annual Academic Pain Day **Nov 2007-2010**

Interdisciplinary Coordinator Annual Pain Awareness Week **Nov 2007-2010**

Conference Organizer and Presenter An Interprofessional Approach to Pain **Nov 2006**

Conference Organizer and Presenter Integrative Approach to Pain and Addiction, Ancient Wisdom of the Taoist Healing Arts **Sept 2004**

NATIONAL

Core Member, Task Force Creation of Pain Medicine Subspecialty, Royal College of Physicians and Surgeons of Canada (C) **2006-2011**

• Cited in History of Pain Medicine in Canada, Canadian Journal of Anesthesiology **Feb 2014**

Co-Chair Pain Education Special Interest Group, Canadian Pain Society - Development of Curriculum Resource Package & National Data Base of Pain Management Cases **2008-2010**

Medical Advisor Canadian Pain Coalition **2008-2010**

physician wellness & mindful practice

interprofessional health promotion for health care & human services providers

SASKATCHEWAN HEALTH AUTHORITY

Director Physician Health & Wellness, Dept. of Anesthesiology, Pain Management and Perioperative Medicine **2009-2016**

Associate Professor, Physician Wellness 2016-Present

Wellness Promotion Consultant Practitioner Staff Affairs, Health & Wellness Promotion **2010-Present**

Physician Member and Workplace Champion Healthy Workplace Committee **2009-Present**

Bravo Award Recipient Royal Vital Care Physician Champion **2010**

COLLEGE OF MEDICINE, UNIVERSITY OF SASKATCHEWAN

Faculty Facilitator Seminars, mindfulness sessions and workshops, Undergraduate Wellness & Mindfulness Teaching **2009-Present**

Faculty Member Student Wellness Committee, Physician Wellness Initiative **2009-2017**

Faculty Member Resident Committee, Physician Wellness Initiative **2009-2014**

Wellness Director Dept. of Anesthesiology **2009-2016**

Faculty Facilitator Postgraduate Resident Wellness teaching **2009-2014**

Faculty Presenter Annual Retreat Day Speaker Integrative Mindfulness, Integrative Medicine Interest Group **2014 - 2016**

Sponsor Annual Dr. A. Chakravarti Lecture in Wellness, College of Medicine Highlights in Medicine Annual Conference **2015**

CPHI Grant Co-Presenter 9th Annual Gertler Lecture: Physician Wellness with Dr. D. Puddester/ Chakravarti, College of Medicine Highlights in Medicine Annual Conference **June 2013**

Guest Speaker 2nd Annual Heggie Lectureship in Integrative Medicine, College of Medicine Highlights in Medicine Annual Conference **June 2009**

Faculty Organizer College of Medicine Highlights in Medicine Annual Conference, Physician Wellness & Mindfulness Activities **June 2010-2015**

Recipient Canadian Physician Health Institute Research Grant, Mindfulness Practice in Medical Students **June 2010-2015**

UNIVERSITY OF SASKATCHEWAN

Founding Member Healthy CampUS Steering Committee **2009-2016**

Committee Member Student Wellness Centre Mental Health Initiative **2016-Present**

Presenter Health Sciences Student Association

- Building Bridges Interdisciplinary Forum
 - Panel on Complementary and Alternative Therapies **March 7, 2007**
 - Integrative Medicine in Practice **March 26, 2010**
 - Interprofessional Forum on Mindfulness **March 12, 2012**
 - Student Stress & Wellness **March 22 2016**
- Interprofessional Annual Student's Symposium
 - Success, Satisfaction, & Sustainability in your HealthCare Career **2010 - 2017**

Planning Committee Member, Tutor and Keynote Interprofessional Problem Based Learning: Student Wellness and Stress Module **2014, 2015**

Speaker Mindfulness & Resilience for Physical Therapists, School of Physiotherapy 50th Anniversary Educational Conference **Sept 11, 2015**

Facilitator Wellness & Mindfulness Sessions, Veterinary Medicine, Physiotherapy, Nursing, Kinesiology, & Law **2010 - 2016**

Co-Facilitator Mindfulness Drop-In Sessions, U of S Office of Student Counselling **2015**

Facilitator Mindfulness, Stress, & Resilience, U of S Faculty & Staff Wellness Department **March 21 & April 20, 2015**

Presenter Health Promotion for Health Sciences Students, Council of Health Sciences Deans **Jan 18, 2011**

COLLEGE OF DENTISTRY

Wellness Course Organizer & Facilitator Dental Student Wellness Initiative and Research **March/April 2015**

Presenter

- Canadian Association of Public Health Dentistry AGM & Saskatchewan Association of Oral Health Professionals **May 2014**
- College of Dental Surgeons of Saskatchewan (CDSS) Continuing Education Day, Health & Wellness in Dentistry **May 2014**
- CDSS Continuing Dental Education Course, Course Planner and Presenter **May 2013**
- College of Dentistry Activity Day **April 3 & Nov 21 2012**
- CDSS Dental Professionals Health & Wellness **May 15 2010**

Co-Founder & Faculty Facilitator Health & Wellness in Dentistry, Student Wellness Group **2011 - 2013**

Faculty Facilitator Table Clinics Research, Health & Wellness in Dentistry, Student Wellness Group **2011 - 2013**

- Acupuncture and Dental Pain
 - Mindfulness and Dental Anxiety in Patients
 - Environmental National Scan of Stress in Dental Students
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SASKATCHEWAN MEDICAL ASSOCIATION

Member Physician Health Program **2008 - 2018**

Invited Speaker Assembly Annual General Meeting **2015**

Facilitator Mindful Medical Practice Workshops

- Medical Students **Nov 4, 2015 & Apr 18, 2016**
- Residents **Dec 5, 2015**

Writer/Subject SMA News Digest

- Winter **2016**
 - Winter **2015**
 - Summer **2012**
 - Spring **2012**
 - Summer **2010**
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NATIONAL

Member CanMEDS Expert Working Group Physician Health, Royal College of Physicians and Surgeons of Canada **2012 - 2015**

Facilitator Wellness Curriculum Implementation, Department of Anesthesiology, University of Manitoba **2015 - 2016**

Member Physician Wellness Committee, U of S Representative, Academic Faculties of the College of Medicine **2010 - 2013**

Author Anesthesiology Resident Wellness Program, Canadian Journal of Anesthesiology Publications **Feb 2017**

Speaker Wellness and It's Implications for Competency Based Design, Canadian Anesthesiology Society Annual General Meeting, **June 2018**

Speaker Society for Obstetricians and Gynecologists of Canada Annual General Meeting, Vancouver BC **June 17, 2016**

Speaker Academic Professors of Obstetrics and Gynecology National Meeting **2013**

Presenter Canadian Conference on Physician Health **2010-2015**

- Mindfulness in Medicine
- Mindful Practice in Medical Students
- Developing Physician Health Curriculum in UGME and PGME 2011
- Part 1: Mindfulness in Medicine
- Part 2: Teaching Resilience in the Context of Adverse Events Intro to Mindfulness optional sessions
- Intro to Mindfulness optional sessions

Presenter Royal College of Physicians and Surgeons Regional Advisory Committee Presentation: Local Physician Wellness Initiatives **May 8, 2013**

Presenter Environmental Scan of Anesthesia Residents Wellness Program Poster (By Co-author)

- Canadian Conference on Medical Education **Apr 2015**
- American Society of Anesthesiology **Oct 2015**

NATIONAL CONT'D

Presenter Mindfulness in Medical Students

- Canadian Council on Medical Education **Apr 2015**
- Mindful Medical Practice in Medical Students Poster Presentation (By co-authors) **Apr 2014**

Author Physician Health Champion Letter, Canadian Medical Foundation **2015 - 2016**

Keynote Speaker Annual General Meeting, Saskatchewan Health Information Management Association **Sept 2013**

Keynote Pain in Occupational Therapy, Canadian Association of Occupational Therapists AGM **June 16, 2011**

Invited Keynote Speaker Ministry of Social Services, Govt. of Saskatchewan **Dec 2, 2010**

Keynote Speaker AGM, Health Sciences Association of Saskatchewan **2010**

SASKATCHEWAN MEDICAL ASSOCIATION

Co-Presenter Anesthesiology Resident Wellness Program Workshop, International Conference on Residency Education **Niagara Falls 2016**

Co-Presenter International Conference on Physician Health

- Mindful Medical Practice **Boston 2016**
- Mindful Communication and Medical Students **Toronto 2012**

service, philanthropy & community

Royal University Hospital Foundation

- Member at Large, Board **2007-2009**
- Executive Member, Board **2009-2011**
- Royal Vital Care Campaign
 - Physician Ambassador **2009-2011**
 - SHR Bravo Award **2010**
- Chair, Planned Giving Advisory **2009-2011**
- Committee Member, RUHF Gala Ball **Inaugural 1999, 2005-2010**
- Physician Champion, RUHF Healing Gardens Fundraiser **June 2013**

College of Medicine Alumni Association

- Member at Large **1993-1994**
- Vice President **1994-1995**
- President **1995-1996**
- Past President **1996-1997**
- Member at Large **2016-2017**

Highlights in Medicine Annual Scientific & Reunion Conference

- Dr. Anita Chakravarti Wellness Lecture **Est. 2015**
- Est. Physician Wellness vertical theme **2010-Present**

University of Saskatchewan

- Selection Committee, Alumni Association Achievement Awards **2016**

Federation of Medical Women of Canada

- Provincial President **2014-2017**
- Past President **2017-Present**
- National FMWC Communications Committee **2016**
- College of Medicine U of S
 - Women in Medicine Special Interest Group **2015**
 - Presenter at Inaugural Meeting

arts & humanities

Invited Speaker Faith and Spirituality in Healing, Multi Faith Society of Saskatoon
Feb 26, 2006

Invited Speaker Pain, Grief and Loss, Saskatoon Grief Society **2008**

Invited Speaker Pain and Integrative Medicine, Saskatoon Public Library Seminars **2008**

Invited Writer Courtney Milne: Artist Book: The Pool Project, Presented at Mendel Art Gallery
2011

Invited Writer/Speaker Human Book: Awakening: Sacred Journey of a Wounded Healer,
HumanLibrary.org Saskatoon

Invited Writer Artist Denyse Klette, series of Breast Friends artwork, Published in Living Sky
magazine monthly column **2006-2008**

Invited Speaker Engage India: A Multidisciplinary Symposium, University of Saskatchewan
Oct 28, 2010

Author

- Article: Integrative Pain Medicine **Oct 2006**
- Article: The Heart and Science of Mindfulness **Aug 2013**

Presenter Public Seminars, Centre for Integrative Medicine, College of Medicine

- The Hearts and Science of Mindfulness **May 24, 2011**
- The Art and Science of Breathing Parts 1/11 **March 24 & April 21, 2009**

saskatchewan health authority

highlights of workshops, rounds, in-services, retreats & presentations

Grand Rounds/Faculty & Resident Presentations/Retreats on Wellness & Mindfulness

- Psychiatry • Pathology • Pediatrics • General Surgery • Obstetrics & Gynecology
- Ophthalmology • Internal Medicine

U of S Student Health Services Retreat **June 3, 2016**

SHR Clinical Nurse Educators Regional Day **Jan 6, 2016**

Workshop, SHR SPH Managers Retreat Day **Jan 15, 2016**

Workshop, SHR Clinical Nurse Educators **Mar 7 2016**

SHR HealthLinks **Mar 14, 2017 (2011-2017)**

SHR Education Day

- Street and Sexual Health **June 18, 2015**
- Positive Living Program **Mar 3, 2016**

SHR TCU and GEM Ed Days **Oct 20 & Nov 3, 2016**

SaskRENEWAL Conference **May 14, 2016**

SHR Workshop on Stress and Resilience **Feb 20, 2015**

Other

- Nephrology Days
- Therapeutic recreations workers week AGM
- Breast Cancer Symposium