

Joint Meeting on  
30<sup>th</sup> International Conference on  
**PSYCHIATRY AND MENTAL HEALTH**  
&  
**25<sup>th</sup> COGNITIVE NEUROSCIENCE CONGRESS**  
November 12-13, 2018 Dubai, UAE



**Jeffrey Rediger**

McLean Hospital, USA

**Achieving mental wellness by understanding human mind**

The presentation discusses the research into the factors associated with improbable recoveries from medical illness and the implications for our understanding of health and illness. Relevant research in several fields and several stories of remarkable recovery will be examined as examples that highlight the capacities of mind and faith that appear to underlie these recoveries. This is an exciting time in health-care, where paradigms of health, wellness and associated technologies are beginning to demonstrate efficacy in arenas where traditional disease-based models have been more limited. We will compare and contrast current strengths and limitations of the traditional biomedical model with a more person-centered approach that is built on strengths rather than deficits. Associated paradigmatic issues will be discussed and we will consider the power of a medicine that is less disease-focused and built more on wellness. We will examine this in the context of with developing technologies, which are beginning to drive this change. These technologies, we expect, will continue to democratize health, empower consumers and create dramatically new opportunities for achieving heretofore impossible levels of personal and professional wellness.

**Biography**

Jeffrey Rediger is the Faculty of Harvard Medical School, the Medical Director of McLean SE and Community Affairs at McLean Hospital and the Chief of Behavioral Medicine at Caritas Good Samaritan Medical Center. He is a Licensed Physician and board-certified Psychiatrist. He also has a Master of Divinity from Princeton Theological Seminary. His research with remarkable individuals who have recovered from illnesses considered incurable has been featured on the Oprah Winfrey and Dr. Oz Shows, among others.

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