

## José Calderón-Abbo, M.D.

### Mindful Psychiatry

Dr. Calderón is board certified in psychiatry and addiction medicine, with an additional certification in mind-body medicine.

He has been an Assistant Professor of Clinical Psychiatry with LSU School of Medicine Department of Psychiatry for over 15 years and is teaching clinical faculty at Tulane University. He is the medical Director of the New Orleans Council on Alcohol and Drug Abuse, and is faculty at the Center for Mind- Body Medicine in Washington DC. where he conducts national and international trainings and supervision in mind-body medicine skills for healthcare providers and the department of defense. He has the leading integrative psychiatric practice in New Orleans combining biological psychiatry, mind-body medicine and functional medicine for mental health, wellness and addictions.

Dr. Calderón is interested in integrative and functional approaches in healthcare, prevention, education, research and treatment of psychiatric conditions and addictions, as such, he is the newly appointed Co-Chair of the Wellness Committee for LSU Allied Health schools of Medicine and Nursing. He is the author of several national and international scientific publications and chapters in disaster medicine, the reconstruction of mental health services post hurricane Katrina, and mind-body approaches to care for healthcare providers. His mindfulness informed mental health practice has been featured in the book Essential Mindfulness by Lisa Dale Miller, the book being a scholarly cornerstone of applied mindfulness in the West.

He is currently developing mind-body approaches for addictions, and is studying functional medicine approaches in psychiatry, and the psychosocial effects of violence related to organized crime and the war on drugs in México. He testified at the US Congress hearings on violence reduction in support of mind-body medicine and mental health initiatives, and on mind-body interventions in healthcare, education and crime rehabilitation during H.H. Dalai Lama's visit to New Orleans. He is a consultant to the Mexican government and is trainer and consultant for Tulane University's mindfulness initiative. In addition, he teaches meditation at the Tibetan House, Freret Street Yoga, corporations, and other religious and secular institutions.

He is the recipient of several prestigious awards the National Alliance for the Mentally Ill – Heroes in the Fight Against Mental Illness Award, the Nancy C.A. Roeske, M.D. Award for Excellence in Medical Student Education from the American Psychiatry Association, and the Excellence in Treatment Award by the Council on Alcohol and Drug Abuse for Greater New Orleans.

Dr. Calderon is currently the Associate Medical Director of the Co-Occurring Disorders Unit at University Medical Center. The unit is the first one of its type in the State of Louisiana using integrative approaches for addiction including biomedicine and mind-body approaches. He is the director of the Mindful Living Program<sup>©2009</sup>, leading stress reduction efforts in New Orleans using mind-body medicine practices, and is the co-founder and faculty of the Mind Body Center of Louisiana, a non-profit organization devoted to the dissemination of mind-body practices in healthcare.

He is also the host and producer of the acclaimed Whole Body Mental Health Radio weekly show and podcast on WHIVFM and iTunes, where he explores topics in mental health, addictions and mind-body medicine.

Dr. Calderón graduated with honors from the National Autonomous University of México and pursued his residency in psychiatry at Sinai Hospital of Detroit/Wayne State University. He worked for the State of Michigan and was Clinical Faculty for Michigan State University where he treated individuals with severe self-injurious behaviors.

Dr. Calderón was born in México City and currently lives in New Orleans with his family.