



altruism
in medicine
institute

501(c)(3) nonprofit

PRESS KIT

Reviving Basic Human Caring in Medical Practice



Image Film - The Story of AIMI (click to watch on YouTube)

altruism
in medicine
institute

altruismmedicine.org
info@altruismmedicine.org
Altruism in Medicine Institute (AIMI) is a 501(c)(3) nonprofit organization.

Altruism in Medicine Institute's (AIMI) mission is to increase compassion and resilience among health care professionals. We deliver lectures and workshops, write curriculum, publish books, and collaborate on metrics to measure outcomes. Our compassion programs have been impacting a growing number of health care professionals.

IMPACT / ACHIEVEMENTS

With the help of our very generous donors and AIMI's extended family, we are excited with the positive impact our compassion programs have had until now:

- 686** compassion programs in health care completed
- 7,960** health care professionals and leaders trained
- 4,350** medical students trained
- 415,000** healing outcomes positively resolved

BURNOUT IN HEALTHCARE

Some of the most urgent needs regarding our work in health care where AIMI is working extremely hard to make a difference:

- Electronic Medical Record
- Loss of Original Intention to Help Others
- Frustration and Overwork
- Anxiety, Depression, Burnout and Suicide
- Death and Loss

PARTNERS

ABOUT THE FOUNDER

Dr. Barry Meier is a teacher, physician and Buddhist monk. He has been serving as a personal physician to the 14th Dalai Lama, along with meeting people in the local community. He is of charge, American Center, The Institute for Altruistic Study, at the University of Washington Tacoma, an University Prof at the University of Long Kong (HKU), and a former Assistant Prof of Medicine at the University of Washington. As founder and president of Altruism in Medicine Institute (AIMI), he lectures on altruism, compassion and mindfulness in many parts of the world. His books are: *Be the Buddha Within: A Practitioner's Guide to the Mahayana Way* (2015), and two books in Japanese.

Barry Meier, M.D.

PROGRAM DEVELOPMENT

Dr. Barry Meier (White Coat Ceremony Keynote Address at UCL)

Resilience Program for 12000 USMC Nurses

PROGRAMS & ACTIVITIES

CME Courses

We now develop CME courses for CME (Continuing Medical Education) and have the course planned for November 2020 at UPMC (Pittsburgh), and plan for CME courses for multiple schools via either book or audio approach.

Online Resilience Portal

Info: send us the program and resources for medical professionals. (Currently being developed)

Book/Book Publishing

We have the course: *The Transformational Power of Compassion* (Planned: Early 2020). *Altruism's Way: A Practitioner's Guide to the Mahayana Way* (Planned: Early 2020).

PLEASE HELP US ACHIEVE OUR IMPACT GOALS:

TRANSFORMING 10 MIO LIVES BY 2022 THROUGH COMPASSION

PLANT THE SEEDS OF LOVE & HOPE FOR A HEALTHY FUTURE

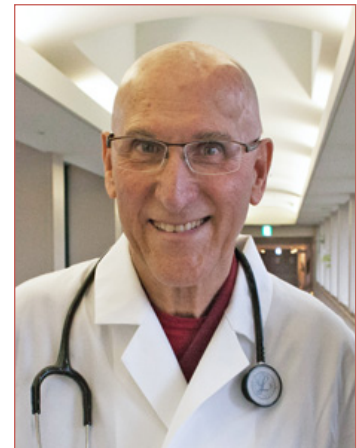
REDUCING SUICIDES BY 80,000 IN 3 YEARS

altruism
in medicine
institute

altruismmedicine.org
info@altruismmedicine.org

Brochure - [Download PDF here](#)

DR. BARRY KERZIN (AIMI FOUNDER / PRESIDENT)



http://en.wikipedia.org/wiki/Barry_Kerzin

<https://www.facebook.com/barry.kerzin>

Instagram [@aimicompassion](#)

Twitter [@BarryKerzin](#)

[Linkedin](#)

Altruism in Medicine Institute - <http://altruismmedicine.org/>

Human Values Institute (JP) - <http://humanvaluesinstitute.org/>

TEDxPhilly - <https://www.youtube.com/watch?v=FYlg-eIBIYc>

TEDxTaipei - <https://www.youtube.com/watch?v=Q7YskUbEyeY>

PBS Newshour 2015 (Documentary) - <https://www.youtube.com/watch?v=b4BoSPSmWdo>

Barry Kerzin is a medical doctor, an Affiliate Prof at the Univ. of Washington Tacoma, a Visiting Prof at Central University of Tibetan Studies in Varanasi, India, a former Honorary Prof at the University of Hong Kong (HKU), and a former Assist. Prof. of Medicine at the Univ. of Washington. Barry is a fellow at the Mind and Life Institute and consults for the Max Planck Institute in Leipzig on compassion training.

He is founder and president of the [Altruism in Medicine Institute \(AIMI\)](#) and founder and chairman of the [Human Values Institute \(HVI\)](#) in Japan.

For 30 years, he has been providing free medical care to the poor up to the highest lamas, including HH Dalai Lama. Barry has completed many meditation retreats, including a three-year retreat. His brain was studied at Princeton Univ. and the Univ. of Wisconsin, Madison, as a long-term meditator. He was ordained as a Buddhist monk synthesizing monk and doctor work through harmonizing mind and body, lecturing around the world in Japan, Hong Kong, Russia, Mongolia, India, Korea, Europe, and North America.

For HVI, Barry works in juvenile prisons in Japan and is developing well-being curriculum. He teaches compassion to doctors at St. Luke's hospital in Tokyo, and other hospitals and medical schools in Japan, e.g. Kyoto University, and leads meditation retreats at Mt. Fuji. He has been training Google Japan employees in mindfulness, resilience, and compassion. He has delivered 2 TEDx talks. For AIMI, in June 2015, he presented a medical grand rounds [lecture on compassion at Stanford Medical School, and the Stanford CCARE](#), and in July lectured at Surgical Grand Rounds on the science behind meditation to the Ventura County Medicine Centre, as well as lectured at the Univ. of Washington. In Spring 2016 he lectured at Oxford and Cambridge Universities, and U.K. medical schools.

Barry was the keynote speaker for the White Coat Ceremony for new first year medical students at the University of Louisville School of Medicine in 2016 and again in 2018. In Fall 2016 he presented the plenary lecture to 800 Family Doctors at the Family Medicine Education Consortium in Pittsburgh, and in 2018 started training 18,000 nurses at the University of Pittsburgh Medical Center in Compassion, Mindfulness, and Resilience.

In 2018 he taught CME courses for UPMC doctors, and presented a Medical Grand Rounds at the University of Pittsburgh School of Medicine. For the last 5 years at Unilever Japan, he has held symposia on ethical leadership for Japanese HR leaders as well as similar programs at Google Japan, Mitsubishi Jisho, and others. In 2019, he presented Altruistic Artificial Intelligence at Deep Mind Google, U.K.

Publications:

Tibetan Buddhist Prescription for Happiness; and *Mind and Matter: Dialogue between Two Nobel Laureates*, in Japanese. In English, [No Fear, No Death: The Transformative Power of Compassion](#); and [Nāgārjuna's Wisdom: A Practitioner's Guide to the Middle Way](#). Barry has written many chapters for books and has given many interviews for radio and TV, including documentaries on PBS New Medicine 2005; PBS Ethics and Religion 2015; and [PBS Newshour 2015](#).

SELECTION OF RELATED VIDEOS AND SOUNDBITES



Walking Meditation (part of Virtual Retreat Series)

[click here to watch the video on YouTube](#)



Healthy Self-Confidence (part of Virtual Retreat Series)

[click here to watch video on YouTube](#)



Inner Peace - How to stay centered

[click here to watch video on YouTube](#)



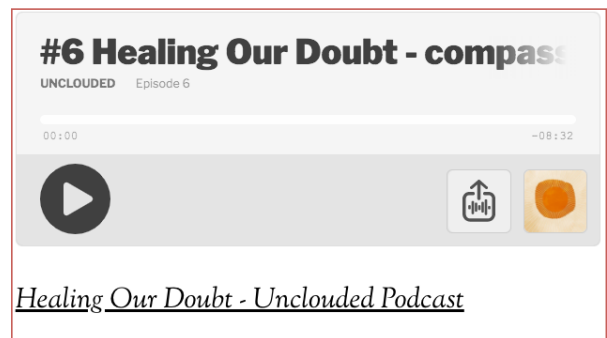
Pain and Power of Mind

[click here to watch video on YouTube](#)



Feeling Good Again (part of Virtual Retreat Series)

[click here to watch video on YouTube](#)



[Healing Our Doubt - Unclosed Podcast](#)

Healing Our Doubt (Unclosed Podcast)

[click here to listen on Unclosed](#)



What Makes Us Human? (TED talk)

[click here to watch video on YouTube](#)



Dalai Lama's Doctor Wants More Compassion in Medicine (PBS documentary)

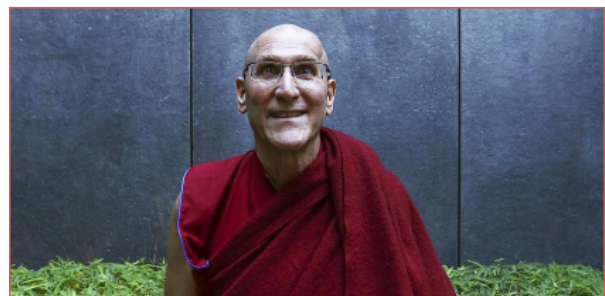
[click here to watch video on YouTube](#)

SELECTION OF MEDIA PUBLICATIONS



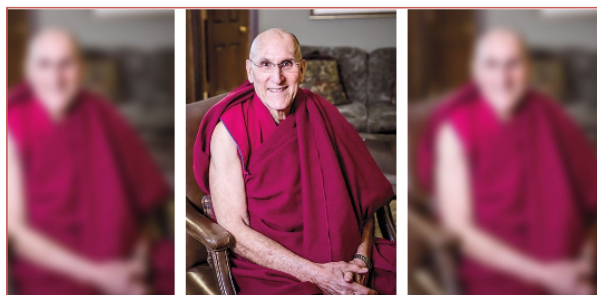
The Dalai Lama's doctor has a message for Pittsburgh (Post Industrial Pittsburgh)

[click here to read article](#)



How meditation can improve our health and happiness (South China Morning Post)

[click here to read article](#)



Compassion, Mindfulness and Resilience (Pittsburgh Quarterly)

[click here to read article](#)

By Ron Cichowicz

LIKE A MODERN DAY JOHNNY APPLESEED, DR. BARRY KERZIN WALKS THE EARTH SPREADING SEEDS OF COMPASSION.

A frequent visitor to southwestern Pennsylvania since 2016 when he spoke at the annual conference of the Family Medicine Education Consortium, Dr. Barry Kerzin seeks to help others find inner peace in a world often seen as nothing less than chaotic.



Dr. Barry Kerzin

How to cultivate a deeper sense of Happiness (Guide To Good Health)

[click here to read article](#)



The Importance of the Present Moment (KD-KA-TV Pittsburgh)

[click here to watch the full interview](#)

Long Reads

From Berkeley hippy to Dalai Lama's personal physician - Barry Kerzin's journey

Barry Kerzin's journey (South China Morning Post)

[click here to read article](#)



Dalai Lama's personal doctor visits Pittsburgh, teaches mindfulness (TRIB Live)

[click here to read the article \(+video\)](#)



Interview at UofL Today - after being keynote speaker at UofL White Coat Ceremony

[click here to listen to the interview on Soundcloud](#)

Stay In Touch With AIMI

<https://altruismmedicine.org>



click to view our social media channels