

Beth Mulligan PA-C
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(760)799-7847
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OCCUPATION Board Certified Physician Assistant and Health Educator in Mindfulness Based Stress Reduction and Mind-Body practices for Health and Wellness (Certified through U Mass Medical School Center for Mindfulness) International MBSR Teacher Trainer/ Mentor
Adjunct Faculty UMASS Center for Mindfulness, Certified MSC Teacher/Teacher Trainer
Director of MBSR Teacher Training, the UCSD Mindfulness Based Professional Training Institute
Certified Mindful Self- Compassion Teacher/ International Teacher Trainer/Mentor

January 2011-
present Consultant/ MBSR Instructor UC Irvine's Center for Integrative Medicine, Eisenhower Medical Center, Associate Adjunct Professor- Dept of Behavioral Medicine Loma Linda University Medical Center, Lead Instructor NIH funded research on MBSR

02/2003- present Coordinator/Instructor Mindfulness Based Stress Reduction Programs, Eisenhower Medical Center, Lucy Curci Cancer Center, Loma Linda Medical Center, UC Irvine Samueli Center for Integrative Medicine

January 2004 –
Present Instructor in Quarterly eight week MBSR Classes
Eisenhower's Center for Healthy Living: 35 total Series

January 2005-
November 2010 Stress Reduction for Cancer Patients and their Families
Eisenhower's Lucy Curci Cancer Center 20 total series

September 2008 Stress Reduction for Cardiac rehab patients
Eisenhower's Renker Wellness Center
Presenter- yearly at the Annual Community Heart Conference on Mind-body Practices for Cardiovascular Health

Feb 2008-2010 Presenter at Eisenhower's "Maintain the Brian" neuroscience Conference

January 2010-
Present Instructor/Consultant in Stress Reduction for Eisenhower's Employee Wellness program- weekly Workshops and monthly lectures on Mindfulness

January 2010-
June 2010 Mindful Eating for Healthy Living eight week series
Eisenhower Medical Center 3 total series

September 2009-
November 2010 Consultant in implementing MBSR at Loma Linda University Medical Center

December 2009 Grand Rounds Loma Linda University Medical Center
"Clinical Applications of MBSR in Medicine and Psychiatry"

December 2010 Grand Rounds Department of Spiritual Health and Wholeness

Beth Mulligan, PA-C Resume continued...

January 2011 -present Consultant /Lead MBSR Instructor UC Irvine-
Mindful Eating Series- Multiple on-campus Mindfulness Presentations to
Undergraduates, Nursing faculty and employees
MBSR adapted Curriculum for Staff and Residents of Battered Women's Shelter –
Human Options Orange County

September 2009-present Multiple Presentations to medical students and allied health students on the use of
Mindfulness techniques for Studying and Test Taking

April 2009 MBSR Instructor: UC Riverside Department of Psychology study on
Mindfulness as an intervention for college students on self regulation,
(eating, sleep, studying, anxiety)

Jan 2004- present Multiple Corporate Mindfulness Based Stress Reduction
Programs , multiple lectures to community groups and
non-profit organizations widely through Southern California
on the Benefits of Mindfulness and the importance of Stress Reduction in Health
and Well-being, Mindfulness Workshops at a Juvenile detention center in
San Bernardino , Mindful Eating Workshops at local middle schools

January 2004-Present Monthly "Days of Mindfulness Retreats Eisenhower
Medical Center and Yokoji Zen Mountain Center
3 day and 6 day residential Mindfulness Retreats

EDUCATION

1982 Physician Associate Degree, Magna Cum Laude, Duke University, Durham, North Carolina

1979 Bachelor of Science Degree in Biology, Tufts University, Medford,
Massachusetts

2003 Mindfulness Based Stress Reduction Training for Health Professionals with
Jon Kabat-Zinn PhD and associates,

2008 92 hour Advanced Mindfulness Based Stress Reduction Teacher
Training University of Massachusetts Medical Center
Supervision with Senior MBSR Teachers through UMAss
Certification in MBSR from UMASS Medical Center

Physician Assistant Certification Board Certified, National Board of Medical Examiners, 1982

Publications: The Dharma of Modern Mindfulness publisher- New Harbinger Publications.

200 hour Certified Yoga Instructor, Black Belt in Tae Kwon Do

Long time member and student of Yokoji Zen Mountain Center including 3 month residential training in Zen Practices.

Licensing California State License, PA11287

Professional Memberships : American Academy of Physician Assistants; California Academy of Physician Assistants

Community Volunteer Activities: Public Speaker, staff and volunteer trainer : The Shelter From The Storm and The Braille Institute of the Desert, Parkinson's Support group, County of San Bernardino, YMCA Palm Desert Y be fit program

Foreign Languages Spanish (fluent)

Professional references upon request.

John Murray 12/22/2020