SWEDISH

Carolyn McManus, PT

Outpatient Physical Therapist
Coordinator/Instructor for the
Mindfulness-Based Wellness Program
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Professional Education

- Master of Science, Physical Therapy
  Duke University, 1980
- Master of Arts, Psychology
  Antioch University, 1991

Primary Focus

- Chronic Pain and Disease Management

Specialty Areas

- Stress Management and Relaxation
- The Mindfulness-Based Wellness Program

Publications

- Group Wellness Programs for Chronic Pain and Disease Management
  Elsevier, May 2003
- Movement with Awareness: The Wellness Program
  PT Magazine, March 2000

At Swedish since 1998

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