



This distinguished pioneer in integrative medicine is a world-renowned expert in the mind/body connection. Joan Borysenko's work has been foundational in an international health-care revolution that recognizes the role of meaning, and the spiritual dimensions of life, as an integral part of health and healing. Eloquent and inspiring in settings that range from hospitals to hospices, from theaters to conference venues, and from boardrooms to houses of worship, she is a credible bridge between faith and reason. Her brilliance, humor, and authenticity—in combination with the latest research—make her a compelling and inspiring speaker and writer.

After graduating magna cum laude from Bryn Mawr College in 1967, Dr. Joan Borysenko earned her doctorate in Medical Sciences from the Harvard Medical School, where she completed post-doctoral training in cancer cell biology. Her first faculty position was at the Tufts University College of Medicine in Boston. But after the death of her father from cancer, she became more interested in the person with the illness than in the disease itself, and returned to Harvard Medical School to complete a second postdoctoral fellowship, this time in the new field of behavioral medicine. Under the tutelage of Herbert Benson, M.D., who first identified the relaxation response and brought meditation into medicine, she was awarded a Medical Foundation Fellowship and completed her third post-doctoral fellowship in psychoneuroimmunology.

In the early 1980's Dr. Borysenko co-founded a Mind/Body clinic with Dr. Benson and Dr. Ilan Kutz, became licensed as a psychologist, and was appointed instructor in medicine at the Harvard Medical School. Her years of clinical experience and research culminated in the 1987 publication of the New Y...

Joan Borysenko

Speech Topics

- Religion / Faith
- Health & Wellness



Testimonials

"Dr. Borysenko absolutely engaged the audience with her dynamic, thoughtprovoking concepts wrapped in her wonderful personal anecdotes."

- The Indianapolis Affiliate of the Susan G. Komen Breast Cancer Foundation.

"Joan Borysenko has that rare ability to reach people—no matter where they are on their journey. Her presentations blend science and real-life experiences that leave the audience thinking, laughing, cheering. Joan is a beautiful, gentle spirit with a wisdom for a world so badly in need of healing."

- St. Mary's Hospital Medical Center, Green Bay, WI.