



Alejandro Chaoul, PhD

**Assistant Professor, Director of Education
Integrative Medicine Program**

Alejandro Chaoul is an assistant professor and Director of Education, Integrative Medicine Program, Department of Palliative, Rehabilitation and Integrative Medicine at The University of Texas M.D. Anderson Cancer Center. He conducts research using mind-body techniques with cancer patients, holds group meditation classes for cancer patients and their support system, has a meditation clinic consultation as part of the Integrative Medicine Center, and directs the education programs. He is also an associate faculty member at The McGovern Center for Humanities and Ethics, where he teaches medical students in the areas of spirituality, complementary and integrative medicine, and end of life care.

Alejandro has taught at Rice University, the University of Houston and the Jung Center of Houston, and has been applying mind-body practices in health care since 1999 in the Texas Medical Center. In addition, he collaborates in the area of interfaith and contemplative practices at The Rothko Chapel and the Boniuk Center for Religious Tolerance at Rice University. Since 1995, he has been teaching Tibetan meditation and Tibetan yogic practices under the auspices of the Ligmincha Institute in various parts of the U.S.A., Latin America and Europe.

His research and publications focus on mind-body practices in integrative care, examining how these practices can reduce chronic stress, anxiety and sleep disorders and improve quality of life. He is the author of “Chod Practice in the Bon Tradition” (SnowLion, 2009) and has also published in the area of religion and medicine, medical anthropology and the interface of spirituality and healing.

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