

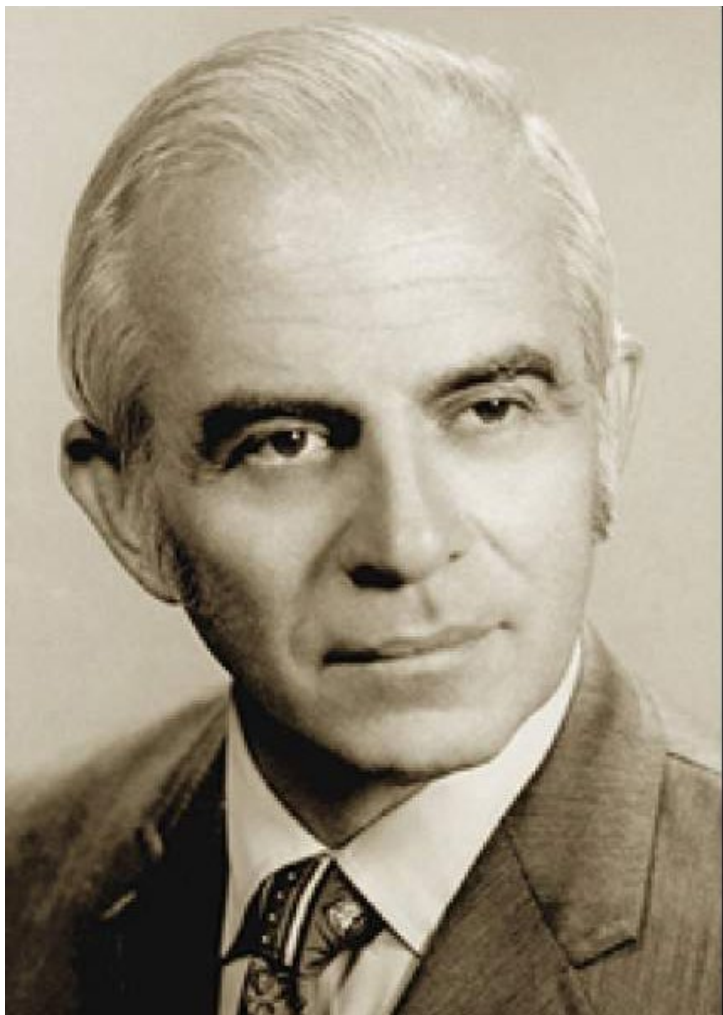


# The Lawrence and Nancy Golden Memorial Lecture in Mind-Body Medicine

Jacobs School of Medicine and Biomedical Sciences



The Lawrence & Nancy Golden Memorial Lectureship on Mind-Body Medicine was founded in 2001 to expand the traditional medical model to a bio-psycho-social and spiritual model of care.



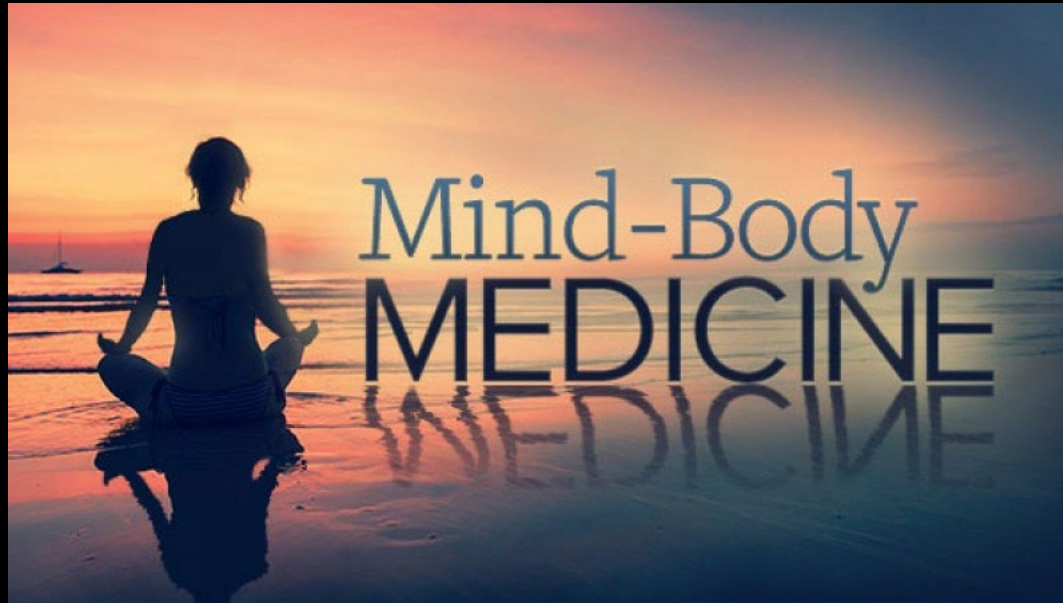
Dr.  
Lawrence  
and Nancy  
Golden



**Lawrence and Nancy Golden were married for 58 ½ years**

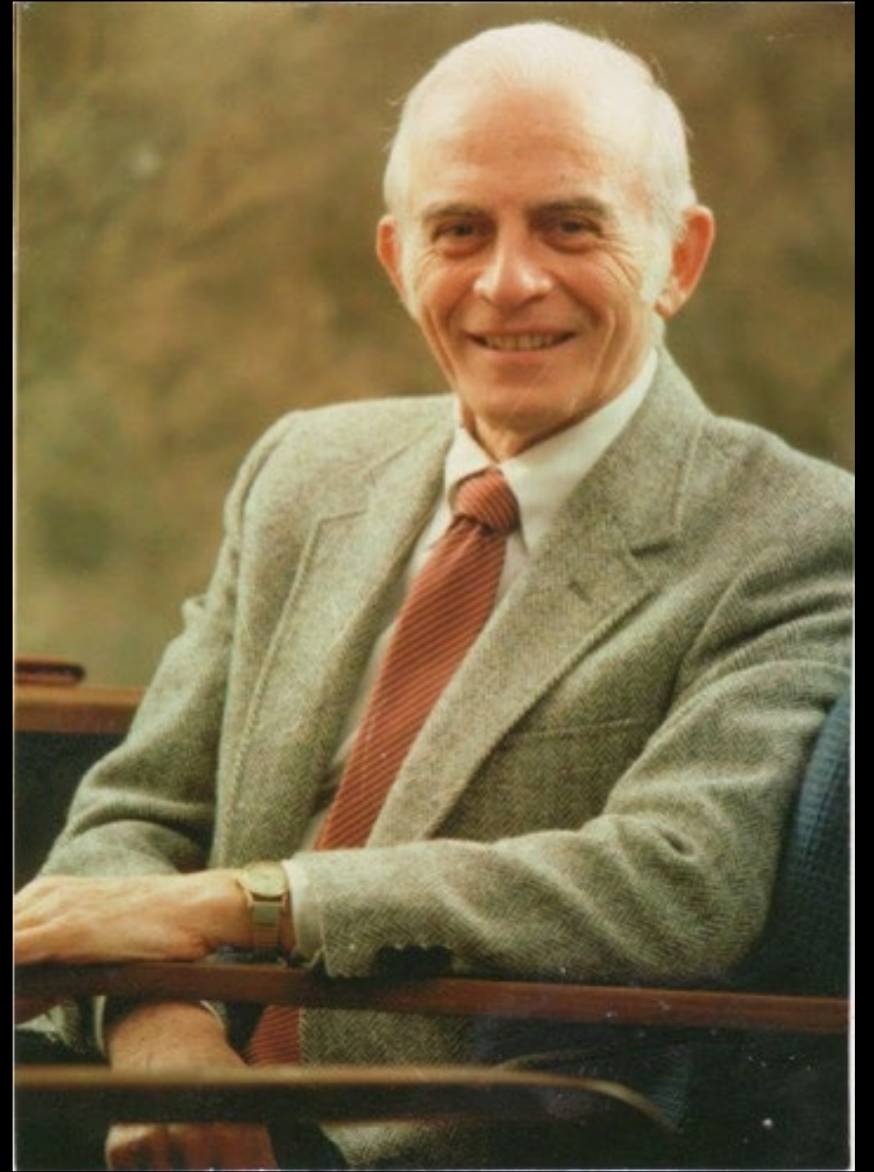


- Lawrence H. Golden, M.D. (1921-2004) was a pioneer in mind-body medicine. A cardiologist, Dr. Golden believed that cardiovascular difficulties were, in part, the result of psychological and social concerns.
- Based upon this philosophy, Dr. Golden, in partnership with his wife Nancy Posmantur Golden (1925-2014), established the Lawrence & Nancy Golden Lectureship in Mind-Body Medicine to enrich the medical education of future doctors.



Mind-Body Medicine focuses on the interactions among the physical body, thoughts, beliefs, and emotions as related to health. For the Goldens, mind-body medicine also required a successful interaction between physician and patient.

Lawrence H. Golden earned a B.A. (1943) and M.D. (1946) from UB and was a fellow in cardiology at Tulane. Dr. Golden joined UB in 1950 and became an outstanding teacher within the residency and medical education programs. A longtime Chair of the Dept. of Medicine and Chief of Cardiology at Millard Fillmore Hospital (now Kaleida Health) Dr. Golden also served as a Clinical Professor of Medicine at the UB School of Medicine.





**Nancy Golden earned a B.A. at Wellesley College (1945) where she was Phi Beta Kappa, Magna Cum Laude, and a Durant scholar. She received her M.S.W. at UB's School of Social Work (1948). A family therapist, Nancy Golden worked at Child and Family Services for thirty years. Dr. and Mrs. Golden also spent years on the faculty of the Creative Education Foundation.**





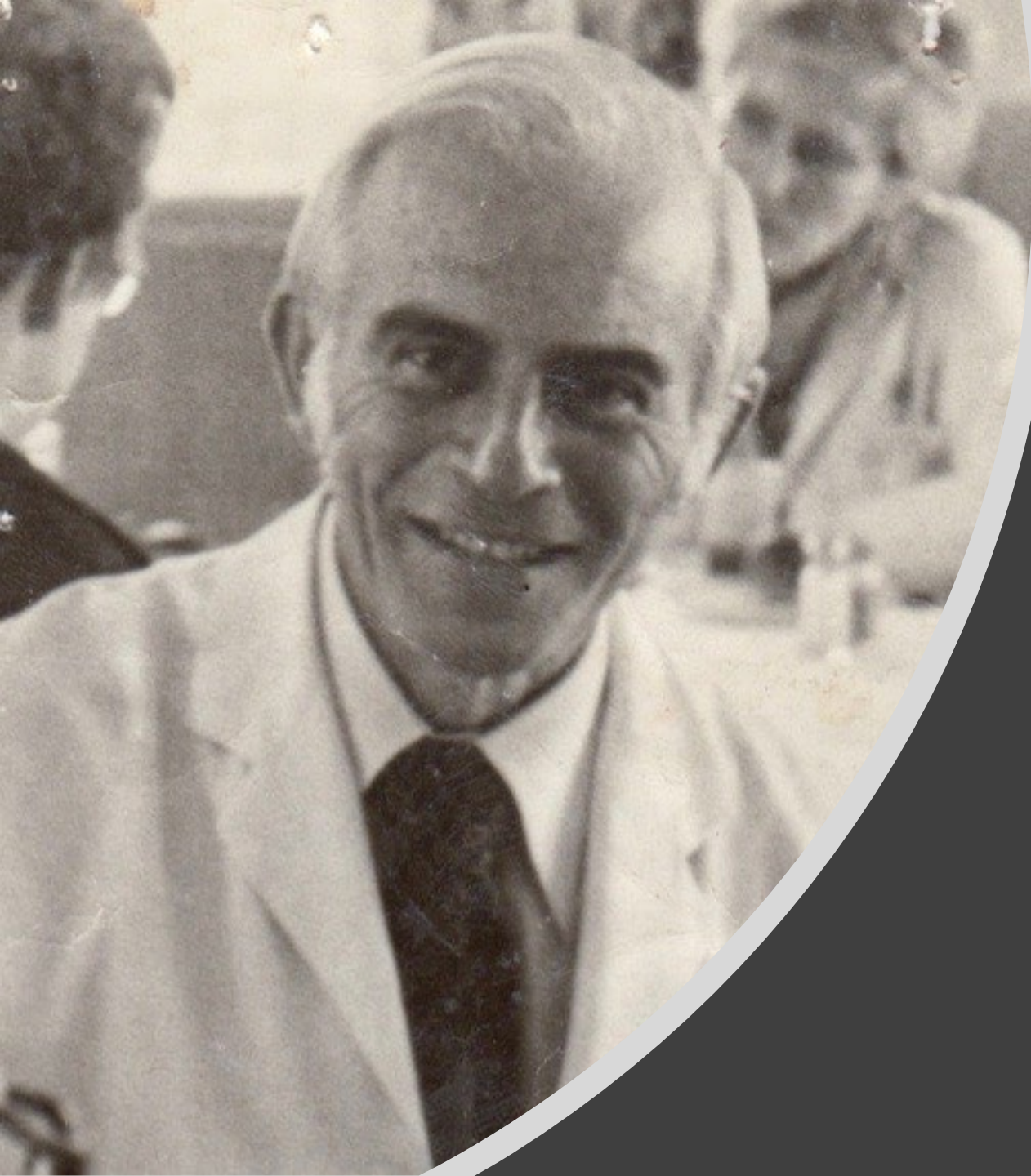
Nancy Golden,  
Leading a Social  
Work Group for  
Young Boys

The Goldens' commitment to mind-body medicine was longstanding. Drawing upon Lawrence's expertise in cardiology and Nancy's in social work, they created a clinical program that combined health care, patient education, cardiovascular activity, and counseling for emotional well being. Their cardiac rehabilitation program, the first in Buffalo, was appropriately named "Walk and Talk." The Goldens emphasized the importance of social support and spirituality in the recovery from life threatening illness.

The Golden  
and  
their “Walk and  
Talk” Program for  
Cardiac  
Rehabilitation

---





**Dr. Golden was a successful practitioner of diagnostics and treatment of heart conditions, but he was also recognized as an outstanding teacher of bedside manner.**

Dr. Lawrence H.  
Golden,  
Practicing  
Bedside Manner

---



Each year, a distinguished lecturer is invited to UB to present the “Golden Lectureship.” The primary audience is first- and second-year medical students. The lecture reinforces the theme of Dr. Golden’s teaching career—that there is an interaction among the brain, mind, body, and spirit.





Dr. Grant Golden, Artist educator Pam Golden, and  
Prof. Catherine Golden

Family Representatives for the Golden Lecture