

José Calderón-Abbo, M.D.

Mindful Psychiatry

Dr. Calderón is board certified in psychiatry and addiction medicine, with an additional certification in mind-body medicine.

He has been an Assistant Professor of Clinical Psychiatry with LSU School of Medicine Department of Psychiatry for over 9 years; he is teaching clinical faculty at Tulane University, and at Saybrook University where he teaches mindfulness. He is faculty with the Center for Mind- Body Medicine in Washington DC. where he conducts national and international trainings and supervision in mind-body medicine skills for healthcare providers and the department of defense. He has the only integrative psychiatric practice in New Orleans.

Dr. Calderón is interested in integrative approaches to healthcare, prevention, education, research and treatment of psychiatric conditions and addictions. He is the author of several national and international scientific publications in disaster medicine, the reconstruction of mental health services post hurricane Katrina, and mind-body approaches to care for healthcare providers.

He is currently conducting research in the application of mind-body approaches for addictions, and the psychosocial effects of violence related to organized crime and the war on drugs in Mexico.

Dr. Calderón graduated with honors from the National Autonomous University of México and pursued his residency in psychiatry at Sinai Hospital of Detroit/Wayne State University. He worked for the State of Michigan and was Clinical Faculty for Michigan State University where he treated individuals with severe self-injurious behaviors.

He is the recipient of several prestigious awards including the residents' best teacher award for three years at LSU, the National Alliance for the Mentally Ill –Heroes in the Fight Against Mental Illness Award, the Nancy C.A. Roeske, M.D. Award for Excellence in Medical Student Education from the American Psychiatry Association, the Excellence in Treatment Award by the Council on Alcohol and Drug Abuse for Greater New Orleans, and most recently, identified by his colleagues among “Top Doctors” in New Orleans Magazine and included in the Global Directory of Who is Who in Medicine for two consecutive years.

Dr. Calderón has played a crucial role in the reconstruction of mental health services post-hurricane Katrina. He opened and directed the first adult public inpatient mental health facility post-hurricane Katrina and currently, is the Medical Director of the Co-Occurring Disorders Program at DePaul University Hospital. The program is the first one of its type in the State of Louisiana using integrative approaches for addiction including biomedicine and mind-body approaches.

Post-hurricane Katrina he developed the Mindful Living Program^{©2009}, leading stress reduction efforts in New Orleans using mind-body practices. He is also co-founder and faculty with the Mind Body Center of Louisiana, a non-profit organization devoted to the dissemination of mind-body practices in healthcare.

Dr. Calderón was born in México City and currently lives in New Orleans with his family.
Hobbies: reading, outdoors, exercising, playing guitar, and poetry.