James Williams, MD

James Williams, MD is a physiatrist with specific training and interest in mindfulness. He received his undergraduate degree in Chemistry from the University of Missouri-Columbia in 1993. He received his medical degree from the University of Missouri-Columbia School of Medicine in 1997 and completed his residency in Physical Medicine & Rehabilitation at the University of Texas Health Science Center at San Antonio in 2001. After practicing inpatient and outpatient rehabilitation medicine in a group practice in Jackson, Mississippi for nearly five years, he returned home to St. Louis, Missouri to start a solo outpatient practice. He is board certified in Physical Medicine and Rehabilitation and Electrodiagnostic Medicine. Dr. Williams has been involved with AADEP/IAIME since 2002 and is currently serving as President of the International Academy of Independent Medical Evaluators (IAIME). Although introduced to mindfulness shortly after 2000, it wasn't until 2010 that he began a serious personal practice. In 2017, he achieved Qualified MBSR (Mindfulness Based Stress Reduction) Teacher credentials through the Center for Mindfulness at UMass Medical School. Dr. Williams is currently practicing rehabilitation medicine at his office in Chesterfield, MO and is being raised by his two children, Trey and Gabrielle.

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