

Mindful Practice in Medicine: An Introductory Workshop

Enhancing Quality of Care, Quality of Caring and Resilience



Retreat Workshop: May 31, June 1, 2019

Friday (8-5) and Saturday (8-3)

Location: McLaren Health Care Corporation One McLaren Parkway
Grand Blanc, MI.

Followed by Four Webinar Sessions

**Sponsored by McLaren Health Care and Southeast
Michigan Center for Medical Education (SEMCME)**

To register, please visit: <http://www.semcmec.org>

A retreat-like workshop followed by four live interactive 90-minute webinar sessions designed to improve the quality of care that clinicians provide while improving their own resilience and well-being. This workshop offers an experiential learning environment, with a focus on developing the capacity for self-awareness in stressful and demanding situations.

Designed for medical practitioners (physicians, NPs, PAs) and others involved in medical practice and education. No prior experience is required. Participants can utilize this first workshop as the beginning of a training program to teach Mindful Practice.

Course Directors: Ron Epstein, MD & Mick Krasner, MD

Session themes include:

- *Noticing/Mindfulness* *Responding to Suffering* *Errors in Medicine* *Uncertainty*
- *Burnout and Resilience* *Meaning in Medical Practice* *Aspiration: Realizing Values* *Grief and Loss*
- Focus on “informal practices” that can help health care professionals deal with difficult situations during the workday and bring mindfulness into everyday clinical work

The Program includes:

- Two-day intensive workshop followed by four live, interactive 90-minute webinars with didactic and experiential components
- Eight learning modules integrating self-awareness and contemplative practices, interactive large group sessions, dyadic exercises incorporating narratives and appreciative inquiry dialogues, and small- and large-group discussion.

At the conclusion of this program, participants should be able to:

- Increase self-awareness and self-monitoring during clinical work and teaching
- Attend to patient's needs, reduce and respond to errors, practice with greater effectiveness and compassion, and attend to their own well-being
- Incorporate mindful practice into clinical and educational activities at their home institutions



Dr. Ron Epstein has devoted his career to promoting physician self-awareness and effective communication in clinical practice. His current research is on improving communication about prognosis and treatment choices in cancer settings. He directs Mindful Practice programs, the Center for Communication and Disparities Research and the Deans Teaching Fellowship program at the University of Rochester School of Medicine and Dentistry where he is Professor of Family Medicine, Psychiatry and Oncology. He has published over 250 articles and book chapters. Ron Epstein's first book, *Attending: Medicine, Mindfulness and Humanity*, will be released in January 2017.



Dr. Mick Krasner is professor of Clinical Medicine at the University of Rochester School of Medicine and Dentistry, and practices primary care internal medicine in Rochester, New York. He has been teaching Mindfulness-Based Interventions to patients, medical students, and health professionals for more than 15 years, involving nearly 2000 participants, including over 600 health professionals. Dr. Krasner is engaged in a variety of research projects including the investigations of the effects of mindfulness on the immune system in the elderly, on chronic psoriasis, and on medical student stress and well-being. His personal mission is centered on compassion in medicine and envisions a health professional-patient relationship where healing is truly bidirectional, care goals are mutually derived, and the uniqueness of the clinical encounter reflects the central act of mutual high regard.

Registration:

General Registration

\$1,125

Late Registration

\$1,300.....after 4/15/2019

Space is limited. Register early.

Continuing Medical Education credits: 19 CME AMA PRA Category 1 Credits (2days plus 4 interactive online meetings)

Continuing Ed provided by University of Rochester School of Medicine and Dentistry

TO REGISTER: VISIT <http://www.semcm.org>

Lodging: Accommodations within walking distance. Available at a discounted rate at Holiday Inn Express
Call 810-695-3000

If you have questions about this event, or require assistance with online registration, please contact: Dr. Barbara Wolf @ 1-810-342-5620 or email at Barbara.wolf@mclaren.org

For more information about Mindful Practice® programs, go to www.mindfulpractice.urmc.edu. And visit our Facebook page at www.facebook.com/Mindful-Practice-449288688612865/