

# Mindful Practice in Medicine: An Introductory Workshop

*Enhancing Quality of Care, Quality of Caring and Resilience*

## **Weekend Retreat Workshop:**

Saturday & Sunday March 18th–19th, 2017 9:00 am–5:00 pm  
**MMS Headquarters Conference Center at Waltham Woods**  
860 Winter Street, Waltham, MA

## **Followed by Four Webinar Sessions:**

March 29, April 5, April 26, May 10, Wednesdays 5:30-7:00 pm

<b>Early Bird Registration</b> (until January 18th, 2017)	(45% discount) <b>\$1,097</b>
<b>Presale Registration</b> (January 19th – March 4th, 2017)	(35% discount) <b>\$1,297</b>
<b>Regular Registration</b> (March 5th – 16th, 2017)	(20% discount) <b>\$1,596</b>
<b>Same-Day Registration</b> (in-person registration)	<b>\$1,995</b>
<b>Student/Resident, Nurse Practitioners and Physician Assistants Registration</b> (until March 4th, 2017)	(65% discount) <b>\$698</b>

Continuing Education Fees \$150 (19 AMA PRA Category 1 Credits will be available for completing the entire course). Other credits may be available. Please contact [cmc@challiance.org](mailto:cmc@challiance.org).

**To register, please visit:** <https://mindfulpracticeboston2017.my-trs.com>

## **A weekend 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, and building resilience in community.

**Designed for medical practitioners (physicians, NPs, PAs) and others involved in medical practice and education.** No prior experience is required.

**Course Directors:** Ron Epstein, MD, Mick Krasner, MD and Zev Schuman-Olivier, MD

## **At the conclusion of this activity, participants should be able to:**

- Increase self-awareness and self-monitoring during clinical work and teaching
- Attend to patients' 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

## **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
- Focus on “informal practices” that can help health care professionals deal with difficult situations during the workday and bring mindfulness into everyday clinical work
- Session themes include:

<i>Noticing/Mindfulness</i>	<i>Uncertainty</i>	<i>Aspiration: Realizing Values</i>
<i>Responding to Suffering</i>	<i>Burnout and Resilience</i>	<i>Grief and Loss</i>
<i>Errors in Medicine</i>	<i>Meaning in Medical Practice</i>	

## Instructors:



**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 14 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.



**Dr. Zev Schuman-Olivier** is the Executive Director and Research Director of the CHA Center for Mindfulness and Compassion, Medical Director for Addiction Services at CHA, Instructor of Psychiatry at Harvard Medical School and a certified addiction psychiatrist. He has been involved with integrating mindfulness into clinical care of patients with addiction and mental illness. Under his leadership, the Center for Mindfulness and Compassion studies mindfulness for clinicians in primary care, effects of mindfulness on self-regulation, and effects of self-compassion on chronic pain. By implementing mindfulness training programs throughout an entire public healthcare system, Dr. Schuman-Olivier has experience with dissemination of mindfulness to enhance resilience, prevent burnout, and foster community among healthcare providers.

**Questions?** If you have questions about this event, or require assistance with online registration, please contact the CHA Center for Mindfulness and Compassion at [cmc@challiance.org](mailto:cmc@challiance.org) or **617-591-6087**.

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**Center for Mindfulness and Compassion**



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