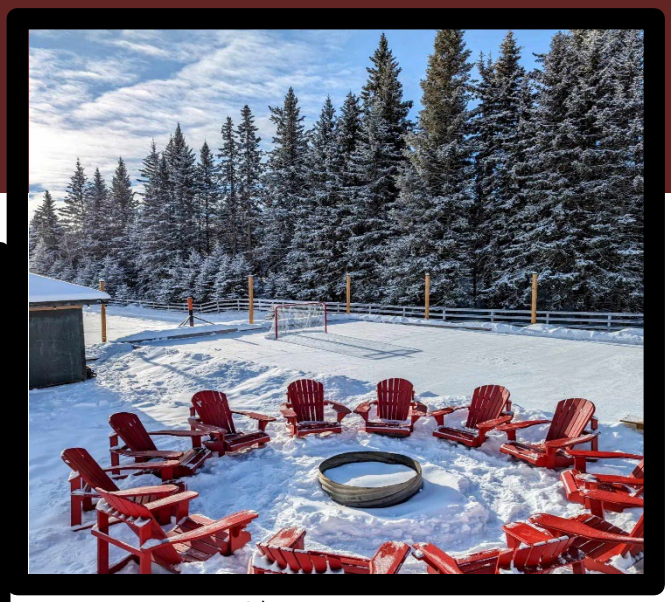
Mindful Practice in Medicine





Program Learning Objectives:

1. Apply self-awareness and self-monitoring during clinical work and teaching
2. Demonstrate skills in attending to patient's needs, effective clinical practice, and compassionate care
3. Effectively manage challenges at work and practice ways to attend to your own well-being

Sometimes we forget the **joy** of practicing medicine

Increasing complexity, scarce resources, rapid pace of change — these are just some of the reasons why we sometimes struggle to remember why we entered the field. But what if there were a way to reconnect with what drew us to medicine in the first place? What if we didn't have to make a choice between high quality care and our own wellbeing?

This three-day workshop uses tools like appreciative enquiry, narrative medicine, and insight dialogue to address some of the most common clinical challenges we face in our daily work. We will practice using mindfulness-based strategies to navigate stressful situations and improve the quality of the care we provide.

UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Centre for Mindfulness

University of Rochester Medical Center

Mindful Practice in Medicine

This program is based on Mindful Practice® in Medicine programs developed by Drs. Epstein and Krasner at the University of Rochester.

Mindful Practice in Medicine: Sample Agenda

The retreat days are longer than you might be used to at other conferences, but this is an opportunity to step away from our obligations at home and work, and be present together. Each day has a rhythm of meditation and learning (and great dining) that leaves space for reflection.

Wednesday

1600-1730 Arrival and Registration

1730-1900 Dinner

1900-2130 Introduction to Mindfulness

Thursday

0700-0730 Meditation

0730-0830 Breakfast

0830-1200 Noticing

1200-1300 Lunch

1345-1715 Compassion and Empathy: engaged caring and understanding

1800-1930 Dinner

1930-2100 Deepening Contemplative Practice: enter into silence

Friday

0700-0730 meditation

0730-0830 Breakfast in silence

0830-1200 Grief and Loss

1200-1345 Lunch

1345-1715 Uncertainty

1830-1930 Dinner

1930-2115 Working Together

Saturday

0700-0730 Meditation

0830-1200 Flourishing and Resilience

1200-1245 Lunch

1300-1400 Bringing it Home

1400 Depart

Feedback from previous participants:

"Thank you for making this course happen. It was an intense, unique and unexpected experience."

"I thoroughly enjoyed the course and will recommend this course to numerous community pediatricians, ACH hospital pediatricians and other physicians in Calgary and Edmonton."

"Best workshop ever."

"I enjoyed meeting new people with similar but different stories and paths. Tough but meaningful conversations and exercises."

"I thought you did an excellent job talking about (and having us practice) a number of mindfulness and meditation techniques and strategies."

"Friendly environment and safe."

"The generosity of the faculty was impressive, well-designed… and the opportunity to share experiences and ask questions from our colleagues when working in pairs was very rewarding."

"It has provided me practical skills that I can use everyday to increase empathy towards patients, communicate more effectively with patients, and improve my own resilience and well being."

When: October 14-17, 2026

Where: The Crossing at Ghost River

Cost: $1995-price includes CME accredited education/meals/accommodation/GST

Cumming School of Medicine Faculty:

Ward Flemons MD FRCPC, Professor (Respiratory Medicine)

Sue Kuhn MD FRCPC, Professor and Deputy Head, Professional Affairs, Department of Pediatrics

Lori Montgomery MD CCFP FCFP CHE, Clinical Associate Professor (Family Medicine and Anesthesiology, Perioperative and Pain Medicine)

Register to join us

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The University of Rochester has designated the Cumming School of Medicine's Centre for Mindfulness as a Flourishing in Medicine Centre of Excellence