

Mindful Practice in Medicine Core Workshop Agenda and Learning Objectives

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

Day 1

1600 to 1730 Registration

1730 to 1900 Dinner

1900 to 2130 Introduction to Mindful Practice in Medicine / Mindful Salon
Learning Objectives <ol style="list-style-type: none"> 1. Define components of mindful practice in medicine: attentive observation, critical curiosity, beginner's mind, presence 2. Discuss individual and structural/systemic changes that can help health professionals and medical organizations flourish
Topics <ul style="list-style-type: none"> • Workshop overview / Introduction to mindfulness and Mindful Practice • Mindful Salon • Meditation practice – coming into the present moment nonjudgmentally

Day 2

0700 to 0730 Meditation practice

0730 to 0830 Breakfast

0830 to 0900 Affinity Groups

0900 to 1200 Noticing
Learning Objectives <ol style="list-style-type: none"> 1. Experience how self-awareness can help us be more attentive and present with patients and colleagues 2. Explore barriers to attention, curiosity and presence 3. Describe how building awareness, taking mindful pauses and deep listening can help you find purpose, meaning and joy at work



Day 2 (cont'd)

1200 to 1345 Lunch

1345 to 1415 Affinity Groups

1415 to 1715 **Responding to Suffering: Compassion and Empathy**

Learning Objectives

1. Examine and analyze the domains of suffering and how clinicians typically respond
2. Compare and contrast empathy and compassion as ever-present dynamics and as reactions/responses to suffering
3. Appraise the role of presence in promoting a healthy professional relationship towards suffering in the medical context
4. Explore how responding to suffering can enhance clinicians' sense of purpose and well-being

1800 to 1930 Dinner

1930 to 2000 Affinity Groups

2000 to 2100 Meditation practice

2100 Entering into silence

Day 3

0700 to 0730 Meditation practice

0730 to 0830 Breakfast (in silence)

0830 to 0900 Contemplative practice time

0900 to 1200 **Grief and Loss**

Learning Objectives

1. Describe our own reactions and responses to suffering in health care settings
2. Investigate the impact grief and loss has on our personal and professional lives as clinicians
3. Explore healthy approaches to working with grief and loss

1200 to 1345 Lunch

1345 to 1415 Affinity Groups

Day 3 (cont'd)

1415 to 1715	Conflict: Furious to Curious
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Learning Objectives

1. Describe your own typical reactions and optimal responses to conflict
2. Practice ways of developing “mental stability” in the face of conflict
3. Show how being mindful (e.g. attentive, curious, flexible, present) can help you deal more effectively with conflict
4. Practice ways of reducing the emotional toll of conflicts on your well-being

1800 to 1930 Dinner

1930 to 2115 Working together – Interactive Entertainment

Day 4

0700 to 0730 Meditation practice

0730 to 0830 Breakfast (in silence)

0830 to 0900 Affinity Groups

0900 to 1200	Flourishing and Resilience
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Learning Objectives

1. Describe organizational and individual factors that affect burnout and resilience
2. Analyze how organizational change and individual practices in the workplace can decrease burnout and improve well-being
3. Develop skills to help health professionals relate in a healthier way to the inherent stresses within medical work
4. Practice activities that can build awareness and resilience in healthcare

1200 to 1300 Lunch

1300 to 1400	Bringing it Home
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Learning Objectives

1. Discuss the variety of training offered in MPIM, both individual and institutional
2. Develop skills for transitioning out of the workshop and back to participants’ homes

1400 **Depart**