Centre for Mindfulness | UNIVERSITY OF CALGARY

Reclaiming Our Wellbeing

Through Mindfulness, Compassion, and Empathic Dialogue

Increasing complexity, scarce resources, rapid pace of change - just some of the reasons why the experience of practising medicine can feel coloured more by struggle than joy. What if there was a way to reconnect with what initially drew you to medicine? What if you didn't have to make a choice between high-quality care and your own wellbeing?

This three-day workshop uses tools like appreciative inquiry, narrative medicine, and empathic dialogue to address common clinical challenges we face daily. Participants will share experiences through facilitated story-telling and learn mindfulness-based strategies for managing stress. They will discover that caring for patients and caring for themselves can (and need to) go hand in hand.

Details

- Where: Sanctum Retreat (175 km NW of Calgary; 240 km SW of Edmonton)
- When: FEBRUARY 16 - 19, 2027
- Cost: **$1500 -** includes accommodation, food, meeting space, accredited CME, and GST

Register to join us

Contact us:

Email: csm.c4m@ucalgary.ca

Website: Centre for Mindfulness | Cumming School of Medicine | University of Calgary

Facilitators

Dr. Lori Montgomery

Dr. Susan Kuhn

Dr. Ward Flemons

Mindful Practice IN MEDICINE

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

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