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UNIVERSITY OF
ROCHESTER

Promoting
Mindful Practice
in Medical Education

May 6-8, 2010

**Chapin Mill Retreat Center
Batavia, NY**

SUPPORTED IN PART BY:

The Arnold P. Gold Foundation

IN ASSOCIATION WITH:

*The Center for Mindfulness in Medicine,
Healthcare and Society, University of
Massachusetts Medical School and
Society of Teachers of Family Medicine*

SPONSORED BY:



Office of Continuing Professional Education

UNIVERSITY OF ROCHESTER MEDICAL CENTER
Office of Continuing Professional Education
601 Elmwood Avenue, Box 677
Rochester, NY 14642-8677



ACTIVITY DESCRIPTION / STATEMENT OF NEED

In response to the increasing pace and complexity of medical practice, physicians (and those in training) are experiencing unprecedented levels of job dissatisfaction and burnout, affecting their sense of well-being and the quality of care they provide. A powerful but under-recognized approach to these challenges is to enhance physicians' capacity for mindfulness. Mindfulness in medicine refers to the ability to be aware, in the present moment, on purpose, with the intention of providing better care to patients and to take better care of ourselves. Mindfulness is at the core of clinical competence. The proposed program will give faculty the skills and tools to teach students and residents to become more mindful during daily clinical practice.

Our recently published research in JAMA demonstrated that courses in mindful practice and mindful communication result in lower burnout and greater well-being, empathy and patient-centered orientation to clinical care. In addition, mindful practice may result in fewer errors, a greater sense of presence, the ability to see a situation from multiple perspectives before reacting, and greater satisfaction from work.

Our current health care environment makes mindful practice very challenging. Accordingly, this workshop will address these external barriers as well as participants' and learners own internal barriers to self-awareness such as unexamined emotions, premature closure, over-concreteness and emotional exhaustion – which then manifest as feeling overwhelmed by suffering, ignoring the obvious, treating others like objects, withdrawing from unpleasant or anxiety-provoking situations, having difficulty tolerating ambiguity and uncertainty, and making hasty decisions.

Promoting Mindful Practice in Medical Student and Resident Education will prepare course participants to help learners develop situational awareness, interpersonal awareness, self-awareness and self-monitoring during everyday work.

While this course uses meditation techniques developed as part of a variety of spiritual traditions, the course content, format and exercises are completely secular.

COURSE PREREQUISITES

Openness to self-awareness, meditation exercises and taking small risks in the service of advancing self-knowledge

Prior experience with any form of contemplative practice in the broadest sense would be preferred but not required.

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OBJECTIVES

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

- Incorporate mindful practice curricula into their undergraduate, graduate and continuing education programs
- Lead experiential exercises that involve meditation, mindfulness, self-awareness exercises, narrative writing, group discussion and didactic material
- Enhance their own capacity for self-awareness and self-monitoring, including attentive observation, curiosity, informed flexibility and presence
- Apply neuro-cognitive psychological principles to their understanding of mindful practice

INTENDED AUDIENCE

Physicians, medical school faculty and other health care professionals involved in medical student, graduate and continuing medical education.

WORKSHOP DIRECTORS

Ron Epstein, MD

Professor of Family Medicine, Psychiatry and Oncology, and Director, Mindful Practice Programs and the Rochester Center to Improve Communication in Health Care, University of Rochester Medical Center

Mick Krasner, MD

Associate Professor of Clinical Medicine, Director of the Mindfulness-Based Stress Reduction courses, and Co-Investigator, Rochester Center for Mind-Body Research, University of Rochester Medical Center

LOCATION

The retreat will take place at the Chapin Mill Retreat Center, 8603 Seven Springs Road, Batavia, NY 14020 (between Rochester and Buffalo). Please plan flights so that they arrive by 4:30pm on May 6 and depart after 4:30pm on May 8. Complete driving directions will be sent prior to the conference.

Website: <http://www.rzc.org>

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AGENDA

Thursday, May 6

3:00-6:00pm	Check-in
6:00-9:00pm	Dinner / Introductory Session

Friday, May 7

6:30am	Sitting Meditation (optional)
7:30am	Breakfast
8:30am-12:00pm	Morning Session
12:00-1:30pm	Lunch
1:30-5:00pm	Afternoon Session
6:00-9:00pm	Dinner/Evening Session

Saturday, May 8

7:00am	Sitting Meditation (optional)
8:00am	Breakfast
9:00am-12:00pm	Morning Workshop Sessions
12:00-1:00pm	Lunch
1:00-2:30pm	Closing Session



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ACCREDITATION / CERTIFICATION

The University of Rochester School of Medicine & Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Rochester School of Medicine & Dentistry designates this educational activity for a maximum of 15.0 *AMA PRA Category 1 credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

REGISTRATION PROCESS

There are a limited number of spaces in this course. Please register early!

1. Register online at www.urmc.rochester.edu/cpe
(If you choose this method of Registration, you DO NOT need to mail in this registration form)

or
2. Mail registration form with payment to:

University of Rochester
Continuing Professional Education
601 Elmwood Ave., Box 677
Rochester, NY 14642-8677

Checks payable to: Continuing Professional Education

FEES

On/Before March 6, 2010: \$550.00 **After** March 6, 2010: \$600.00

Fee includes attendance at all course sessions, course materials, continuing education credit, all meals and sleeping accommodations at the Chapin Mill Retreat Center.

Refund Policy: An administrative fee of \$25.00 will be deducted from all refunds for cancellations made prior to **March 30, 2010**. No refunds will be issued after that date.

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ACCOMMODATIONS

The Chapin Mill Retreat Center offers comfortable, handicapped-accessible basic accommodations with shared bedrooms and shared bath. Participants are strongly encouraged to stay on-site, and the cost of accommodations is included in the course fee.

Chapin Mill is a Zen Center, and we believe that your experience will be enhanced by participating in the physical aspects of staying in the center. A few single rooms are available, but the majority of rooms sleep 2-4 people. Please reserve early to get your first choice. While Internet access will be available, there will be limited time for outside work. Please note that the dietary restrictions at the retreat center include no flesh foods (fish and meat) and no alcohol. Eggs, cheese and other dairy products are acceptable. Meals will be provided following these guidelines.

For those who prefer, hotel accommodations are available approximately 5 miles from the retreat center. Those staying off-site will be responsible for paying for their own room (hotel to collect payment) and providing their own transportation to/from Chapin Mill each day. A small block of rooms has been set aside at the Holiday Inn Batavia, located at 8250 Park Road, Batavia, NY 14020. To make reservations, call (585) 344-2100 no later than April 22, 2010 and state that you are attending the U of R Mindful Practice Retreat in order to receive the discounted room rate of \$75.00 per night plus tax.

ADDITIONAL INFORMATION / ADA SERVICES

For more information or to make accommodations for learners with disabilities, contact the Office of Continuing Professional Education at (585) 275-4392 or cmeoffice@urmc.rochester.edu. Office hours are Monday-Friday, 8:00 am – 4:30 pm. Please call at least TEN days in advance of the conference for ADA accommodations.



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REGISTRATION FORM

Promoting Mindful Practice in Medical Education

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Please Print Please check if new name / address

Name _____ Credentials _____

Birth month and day (ex. June 21 = 06/21) / (for record-keeping only)

Address _____

City/State/Zip _____ / _____ / _____

Work **Home**

Institution/Affiliation _____

Title _____

Practice Specialty _____

Email _____

Phone _____ Fax _____

Special Dietary Needs: _____

FEES (Including Accommodations at Chapin Mill Retreat Center):

On/Before March 6: \$550.00 After March 6: \$600.00

ACCOMMODATIONS

I plan to stay at Chapin Mill Retreat Center (included in registration fee)

Preferred room type (not guaranteed): Single Shared

Requested roommate(s): _____

I plan to make a room reservation at the Holiday Inn, Batavia

(additional fee to hotel, must provide own transportation)

I do not need overnight accommodations / I have made other arrangements

METHOD OF PAYMENT (select one):

1. Register online at www.urmc.rochester.edu/cpe.

(If you choose this method of registration, you DO NOT need to mail in this form)

or

2. Mail registration form with payment:

Check Payable to: Continuing Professional Education

University of Rochester 312 Requisition

MAIL TO:

University of Rochester, Continuing Professional Education
601 Elmwood Ave., Box 677 Rochester, NY 14642-8677

