



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

INSTITUTE FOR INNOVATIVE EDUCATION

URMC DEPARTMENT OF FAMILY MEDICINE PRESENTS

Mindful Practice: Enhancing Quality of Care, Quality of Caring, and Resilience

April 28, 2021 - May 1, 2021 - Online Workshop

WORKSHOP DIRECTORS & FACULTY

AGENDA



Ron Epstein, MD

Workshop Co-Director

Professor of Family Medicine, Oncology and Medicine



Mick Krasner, MD, FACP

Workshop Co-Director

Professor of Clinical Medicine



Fred Marshall, MD

Workshop Faculty

Professor of Neurology



All scheduled activities occur between 9:00am and 5:30pm Eastern Time (6:00am-2:30pm Pacific Time, 3:00pm - 11:30pm Central European Time). In addition, there are 45-90 minutes of required asynchronous activities each day. This is a fully immersive full-time retreat-like workshop.

Wednesday, April 28, 2021

9:00 am - 12:30 pm: Session 1

12:30 - 2:30 pm: Break

2:30 - 3:00 pm: Affinity Groups

3:00 - 5:30 pm: Session 2

Thursday, April 29, 2021

9:00 - 9:30 am: Morning Meditation Practice

9:30 - 10:00 am: Affinity Groups

10:00 - 10:30 am: Break

10:30 am - 12:30 pm: Session 3

12:30 - 2:30 pm: Break

2:30 - 3:00 pm: Affinity Groups

3:00 - 5:30 pm: Session 4

Friday, April 30, 2021

9:30 - 10:00 am: Morning Meditation Practice

10:00 am - 12:30 pm: Session 5

12:30 - 2:30 pm: Break

2:30 - 3:00 pm: Affinity Groups

3:00 - 5:30 pm: Session 6

Saturday, May 1, 2021

9:00 - 9:30 am: Morning Meditation Practice

9:30 - 10:00 am: Affinity Groups

10:00 - 10:30 am: Break

10:30 am - 12:30 pm: Session 7

12:30 - 1:30 pm: Break

1:30 - 2:00 pm: Affinity Groups

2:00 - 4:30 pm Session 8

A retreat-like online workshop designed to improve the quality of care that clinicians provide while promoting their own resilience and well-being. It offers a participatory experiential learning environment, with a focus on developing the capacity for self-awareness in stressful and demanding situations.

Designed for medical practitioners (physicians, NPs, PAs) and others involved in medical practice and education. No prior experience is required, however, familiarity with meditation or other contemplative practices is desirable.

Session themes include cultivating attentiveness and presence, communicating with patients, families and colleagues, responding to suffering, responding to errors and bad outcomes, managing conflicts with patients and colleagues, cultivating compassion, addressing burnout and distress, and promoting self-care, resilience, and flourishing.

Despite the “virtual” nature of this online program, the actual experience is far from virtual. Rather, the program is dynamic and interactive and participants’ engagement is very tangible and present. We create a learning community using asynchronous multimedia presentations and reflective activities and live (synchronous) interactive large group presentations, paired dialogues, contemplative practices, and small group discussions to provide a fully embodied experience. The online format offers new possibilities for engagement educational and practice settings, time zones and continents, including opportunities for connections with one another beyond the confines of the course.



State of the art online workshop

Mindful Practice enters its 12th year of offering transformative programs, building resilience and promoting flourishing for health professionals. We now provide this program in a live online format using state-of-the-art educational technology, where this retreat-like workshop can be experienced without the need for travel. Participants in the online program have described the online experience to be just as intimate, connecting, and life-changing as it has been for the more than 800 physicians, nurses, psychologists and other health professionals who have experienced the program in person.

Learning objectives

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

- Increase clinician self-awareness and self-monitoring during clinical work and teaching
- Increase clinicians' ability to attend to patient's needs, reduce and respond to errors, practice with greater effectiveness and compassion, and attend to their own well-being

Here are some comments from participants of the 2020 on-line program:

"Being in community with the participants and especially in the small groups/dyads/triads were the most helpful parts of the program. I really had not expected being able to share so deeply with people I had never met."

"I loved the rich and varied resources of music, intellectual studies, poetry, artwork, and meditation and having the different areas of my brain stimulated. You had a lovely balance of left and right brain activities which served to keep me alert, interested, and endlessly curious to see what was coming next. This vast array was the most helpful for me because I had wondered if sitting in front of a computer so long would fatigue me."

"I am especially inspired by how well the Zoom format went for something so personal."

"It is such a privilege to have participated in this class and to be a part of this community. The shedding and growing that occurred, in me personally, and for the whole group, was unexpected."

REGISTER NOW: CME.URMC.EDU

Workshop	Early-bird Fee	After 04/10/2021
Registration Fee:	\$1,295	\$1,495

For support with the CMETracker Online Registration System, please contact CMERegistration@URMC.Rochester.edu.

This program does not accept University of Rochester CME Voucher Awards as registration payment.

If paying by check, make checks payable to: University of Rochester. Mail payment with a copy of your confirmation e-mail to the address below: University of Rochester, Institute for Innovative Education, 601 Elmwood Ave., Box 709, Attn: Educational Programming Team, Rochester, NY 14642

STAY CONNECTED TO MINDFUL PRACTICE:



CERTIFICATION & ACCREDITATION

Accreditation

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

Certification

The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 23.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Social Work

University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0005.

This course has been approved for 23.00 hours.

