

# Mindful Practice

IN MEDICINE

## Core Workshop



### WORKSHOP FACULTY



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February 2 - 5, 2022  
Online Workshop

[REGISTER](#)  
[NOW](#)

Learn how to:

- find meaning in your work
- be more resilient
- effectively manage challenges in clinical work
- listen more deeply
- improve communication
- cultivate compassion and gratitude
- experience clarity and focus
- become more self-aware
- be a part of a larger community



Mindful Practice

IN MEDICINE



UNIVERSITY of  
ROCHESTER  
MEDICAL CENTER

STAY CONNECTED TO  
MINDFUL PRACTICE:



#### A retreat-like workshop

Please join us for a retreat-like online workshop designed to energize your clinical work while helping you find joy and resilience, through honing your self-awareness and deep listening skills that are keys to navigating stressful and demanding situations you face daily. Enrollment is limited to 36 participants. No prior experience is required.

#### Developed by physicians

This workshop, developed by physicians to help medical practitioners and educators respond to the erosion of joy in their work, provides an experiential and interactive learning environment. Our approach is evidence based—as it lessens the effects of burnout and improves well-being, engagement with work, and patient-centered compassionate care.

#### Clarify and focus on your own learning needs

Contemplative practices, dialogues with colleagues and inquiry-oriented group discussions will enhance your ability to focus, connect and communicate with patients and colleagues.

#### World-wide community

Join physicians, PAs, NPs, and other health professionals from over 20 countries worldwide.

#### At the conclusion of this activity, you will be able to:

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



## State of the art online workshop

**REGISTER NOW**

## AGENDA

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.

Here are some comments from previous online workshop participants:

*"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."*

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, February 2, 2022

- 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, February 3, 2022

- 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, February 4, 2022

- 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, February 5, 2022

- 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

## REGISTRATION FEE

	Early-bird Fee	After 01/19/2022
Workshop Attendee:	\$1,695	\$2,095

*\*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: University of Rochester, Institute for Innovative Education, 601 Elmwood Ave., Box 709, Attn: CEL Events Team, Rochester, NY 14642*

## 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.