M4 Mindful Medicine

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Mindfulness is a way of relating directly with what is happening in your life, in the moment. It is about calm presence, being aware of one’s own thoughts and body (physiology) in connection to the other. It can be used as a form of self-care and stress-reduction as well as an approach to being “present” and mindful in medical practice, particularly with patients that are difficult or challenging. This small group is designed to give students practical tools and skills to practice mindfulness in the context of dealing with difficult people and manage the associated stress and burdens of care-giving. Experiential exercises and biofeedback equipment will be used to facilitate acquisition of self-care skills.

Objectives

1. Knowledge: Students will have an understanding of the most critical aspects of a positive doctor-patient relationship, including challenges to the development and maintenance of such a relationship. Students will have an understanding of effective self-care skills including basic autogenic techniques.
2. Attitude: Students will acknowledge the importance of the doctor patient relationship in medical practice and the value of a mindful approach for improved self-care, quality of life, and positive patient outcomes.
3. Skills: Students will demonstrate skills to effectively deal with difficult patients and to increase awareness of own thoughts, affect, and behaviors related to the difficult patient encounter. Students will demonstrate ability to monitor and effectively reduce stress using mindful practice strategies. Student proficiency with these skills will be measured using biofeedback technology.