

Workshop 2018

An Experiential Introduction to Mind-Body Medicine Skills to Reduce Stress and Foster Resilience and Well-being

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Description: The goal of this 2.5 hour workshop is to introduce participants to the reality of stress and burnout, to gain insight from the physiology of stress on mechanisms that link chronic stress and burnout and then give participants an opportunity to *experience* several mind-body medicine skills (such as autogenic training and mindfulness meditation) as experiential exercises and thereby gain insight to their impact and utility.

Objectives of the workshop (*linked to core ACGME competencies*):

Upon completion of this session, participants will be able:

- To explain the physiology and pathophysiology of stress and the scientific basis for mind-body therapies (such as meditation, breathing and imagery) used to reduce stress and improve well-being (*medical knowledge*)
- To reflect on the “experiential learning” exercises used to teach faculty and students Mind-Body Medicine skills for self-awareness and resilience (*professionalism*).
- To discuss the interventional models currently being explored for students, faculty and practitioners to build resiliency and prevent, limit or reverse burnout (*practice-based learning and improvement*).

Outline of Workshop:

12:30-12:40 pm	Introductions and Review of Goals
12:40-12:55 pm	Recognizing Stressors – Group Working in Dyads
12:55-1:05 pm	First Experiential: 3-Minute Breathing Space
1:05-1:20 pm	Physiological and Psychological Aspects of Stress
1:20-1:45 pm	Second Experiential: Autogenic Training and processing
1:45-2:00 pm	Break
2:00-2:20 pm	Outcomes from Mind-Body Medicine Program at Georgetown
2:20-2:45 pm	Third Experiential: Mindfulness Meditation and processing
2:45-3:00 pm	Summary and Take Home Messages

Selected References

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