

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



April 27 – May 1, 2015

A **5-day, retreat-like workshop** designed to enable clinician and medical educators deepen their skills in mindful practice and their ability to teach and develop programs in mindful practice at their home institutions.

Designed for medical practitioners (physicians, NPs, PAs) and others involved in medical practice and education, the program combines didactic presentations and experiential exercises using narratives, appreciative inquiry, and contemplative practices such as mindfulness meditation.

Session themes include attention, suffering, teamwork, difficult conversations with patients/families, uncertainty in medicine, medical education, grief and loss, resilience and compassion.

The workshop will offer participants **hands-on experience** in teaching and facilitation.

There will be a brief application form to complete prior to acceptance into the program. Prior experience with contemplative practices and teaching experience are desirable. Early applications are encouraged, as workshops often fill several months in advance.

Course Directors: Ron Epstein, M.D. and Mick Krasner, M.D.

Sponsored by: The Department of Family Medicine, University of Rochester Medical Center

Location/Accommodations: Chapin Mill Retreat Center, Batavia, NY

For more information about Mindful Practice® programs: www.mindfulpractice.urmc.edu

To receive an application form: <http://bit.ly/1krpcN2>