



Mindful Practice in Medicine: Facilitator Training Workshop

By application only. Prior attendance at a Mindful Practice® Workshop is required.

WORKSHOP FACULTY - University of Rochester



Ron Epstein, MD

Professor of Family Medicine,
Oncology, and Medicine



Mick Krasner, MD

Professor of Clinical Medicine
and Clinical Family Medicine



Fred Marshall, MD

Professor of Neurology

**Chapin Mill Retreat Center,
Batavia, NY**

December 1-5, 2021

APPLY NOW



At the conclusion of this workshop,
participants will be able to:

- Articulate principles of, and evidence supporting mindful practice programs.
- Demonstrate skills in introducing, guiding, and embodying individual contemplative practices.
- Demonstrate skills in introducing and conducting key interpersonal elements of mindful practice programs, including salons, narrative exercises, appreciative interviews, and inquiry.
- Demonstrate teaching and facilitation skills in large-group and small-group settings.
- Demonstrate how to anticipate and respond to commonly encountered learner difficulties during mindful practice programs.
- Describe ways of incorporating mindful practice into healthcare institutions.

***Facilitator Training Workshop Eligibility Requirements:**

Prior attendance at a Mindful Practice® Workshop of 20 hours or more is required. This requirement can only be fulfilled by having attended a 4-day Mindful Practice® workshop in person or online. Active meditation practice; experience teaching health profession students, residents and/or practitioners.

Deepen your skills. Participating in this 5-day, retreat-like workshop will enable you to advance your teaching skills and energize your clinical work through greater attentiveness, self-awareness, teamwork, and self-monitoring in stressful and demanding clinical situations.

Energize your clinical work and teaching. You will develop greater expertise, self-awareness, deep listening and resilience in your roles as clinician and teacher. You will help yourself and your future students find joy, provide compassionate care, and navigate stressful and demanding situations that clinicians face daily.

Clarify and focus on your own learning needs. We create a learner-centered environment that helps you define and realize your own learning goals, and we promote a learning community that you will learn from facilitators and colleagues in individual, small group, and large group sessions. Limited to 24 participants.

This is a participatory, hands-on program that combines didactic presentations and practical training in conducting experiential exercises using narratives, appreciative interviews, inquiry-oriented discussions, and contemplative practices such as mindfulness meditation. You will receive guidance in teaching and facilitation skills in large and small-group settings.

Designed by physicians for medical practitioners (physicians, NPs, PAs) and others involved in medical practice and medical education.

Learn to Implement Mindful Practice® programs in medical education and healthcare institutions.

A world-wide reach. Connect with Mindful Practice facilitators from over 20 countries.



LOCATION & ACCOMMODATIONS

Chapin Mill Retreat Center

8570 Retreat Center Drive,
Batavia, NY 14020

Batavia, NY 14020 (between Rochester and Buffalo)

Chapin Mill Retreat Center is located in Western New York State about 35 miles west of Rochester and 40 miles east of Buffalo and Niagara Falls. Weather and temperatures are variable due to the close proximity to the Great Lakes.

The retreat center is located on 135 acres, with walking paths, so if you plan to walk in the surrounding woods and meadows in your free time, you may want to bring hiking shoes or sturdy sneakers. Casual, loose-fitting, comfortable clothing will be the order of the day. Please bring indoor shoes or slippers to wear inside the facility.

Accommodations

Chapin Mill Retreat Center offers comfortable, handicapped-accessible, basic accommodations with shared bedrooms and a shared bathroom (off the main hallway). Some single rooms are available, but the majority of rooms sleep 2 people. Please reserve early to get your first choice. The facility will provide bedding, linens, towels and soap. However other toiletries may not be available, so please plan to bring what you need. While Internet access will be available, there will be limited time for outside work.

Food & Beverages

Meals are included, but there are dietary restrictions at Chapin Mill; no fish, meat or alcohol. Eggs, cheese and other dairy products are acceptable. We can accommodate special dietary needs (e.g., vegan, gluten free, etc.).

COVID-19 Vaccination Requirement

In order to attend this workshop, all registrants must be fully vaccinated against COVID-19 at least two weeks prior to the event. Participants will have to show proof of vaccination on or before arrival at Chapin Mill Retreat Center, as they will not permit entry to any attendee who is not fully vaccinated. No refund will be given if participants do not satisfy this requirement.

Accreditation and Certification

ACCREDITATION AND CERTIFICATION

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 31.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

[APPLY NOW](#)

AGENDA

Wednesday, December 1, 2021

Theme: Introduction to Mindful Practice, Mindful Salon

7:30-9:15pm: Introductory Session-Mindful Salon

Thursday, December 2, 2021

Theme: Anatomy of a Module; Noticing

8:30-9:00am Affinity Groups Meet- Reading #1
9:00am-12:00pm: Morning Session

Theme: Teaching Using Narratives

2:00-2:30pm: Affinity Groups Meet-Reading #2
2:30-5:30pm: Afternoon Session

Theme: Leading Mindfulness Practices Part 1
7:30-9:15pm: Evening Session

Friday, December 3, 2021

Theme: Anatomy of a Module; Grief and Loss

8:30-9:00am: Affinity Group Reading #3
9:00am-12:00pm: Morning Session

Theme: Teaching Using Appreciative Inquiry

2:00-2:30pm: Affinity Groups Meet- Reading #4
2:30-5:45pm Afternoon Session

Theme: Teaching Compassion
7:30-9:00pm: Evening Session

Saturday, December 4, 2021

Theme: Silent Practice and Insight Dialogue

8:15-9:00am Facilitator: Participant 1:1 Meetings
9:00am -12:00pm Morning Session

Theme: Leading Mindfulness Practices Part 2

1:15-2:00pm Facilitator: Participant 1:1 Meetings
2:00-2:30pm Affinity Groups: Reading #5

2:30-5:30pm Afternoon Session
6:00-6:30pm Facilitator: Participant 1:1 Meetings

Theme: Improvisation
7:30-9:00pm: Evening Session

Sunday, December 5, 2021

Theme: Putting it All Together: Resilience

8:30-9:00am: Affinity Group: Reading #6
9:00am-12:00pm: Morning Session

Theme: Bringing it Home

1:00-2:30pm: Afternoon Session



GROUP SHUTTLE DETAILS

[APPLY NOW](#)

Group Shuttle Transportation from the Frederick Douglass - Greater Rochester International Airport

to Chapin Mill on Wednesday, December 1, 2021:

- To take the group shuttle to Chapin Mill, meet the Rochester Shuttle Express driver outside baggage claim by 4:15 pm sharp, on December 1, 2021.
- Your flight needs to arrive prior to 4:00pm in order to catch the shuttle.

Group Shuttle Transportation from Chapin Mill to the Frederick Douglass - Greater Rochester International Airport

on Sunday, December 5, 2021:

- If you would like to take the group shuttle to the Rochester Airport, please plan flights that depart after 5:00 pm on Sunday, December 5, 2021.
- The shuttle is scheduled to leave Chapin Mill promptly at 2:45pm.

If you would like to participate in the shuttle service but did not sign up during registration, or if you have any additional questions, please contact:

Shreya_Thakar@urmc.rochester.edu

Fees & Room Rates

Workshop	Early-bird Fee	After 10/15/2021
Registration Fee:	\$2,795	\$3,195

Room Rates for Chapin Mill Retreat Center

Single Room:	\$675
Double Room:	\$500

This program does not accept University of Rochester CME Voucher Awards as registration payment. Payment should be made by credit card ONLY, unless other arrangements are made. For payments with 312 Requisitions (for University of Rochester Faculty), please submit a copy of your invoice to: University of Rochester Medical Center, 601 Elmwood Avenue, Box 709, Rochester, NY 14642. Attn: Shreya Thakar along with your 312 Requisition Number.

ARRANGING TRANSPORTATION

Rochester:

Taxi Service Options:

- [Airport Taxi Service](#)
- [Rochester Taxi Service](#)

Rental Car Service Options:

- [Avis Rental Car Service](#)
- [Enterprise Rent-A-Car](#)
- [Budget Car Rental](#)

Buffalo:

Taxi Service Options:

- [Buffalo Airport Taxi](#)
- [Liberty Yellow Cab of Buffalo](#)

Rental Car Service Options

- [Buffalo Airport Rental Car options](#)

Additional Information:

- Car Rentals *should be reserved prior to arrival* to ensure availability. Generally better pricing is available the farther in advance you book. Rates are better if you book online.
- Additionally, Lyft and Uber services are available in the Western NY area (Rochester, Buffalo and Batavia, NY).



STAY CONNECTED TO MINDFUL PRACTICE:

