

Shame in Medicine: A Mindful Approach - April 27



A one-day retreat-like workshop:

This workshop serves to initiate an important dialogue about the challenging theme of shame in medicine and medical education through the approach of Mindful Practice. This empirically validated approach utilizes critical awareness (investigating the sources of shame), shared dialogue (reflecting with peers on the personal impact of such experiences) and elements of appreciative inquiry (identifying individual qualities that mitigate negative effects).

Designed for health care practitioners (physicians, NPs, PAs, Psychologists, social workers, etc.), and others involved in clinical medical practice and education.

No prior experience is required: Meditation/contemplation practice experience would be helpful.

Session themes include:

Background information on shame in the context of medicine; definitions and origins of shame; the experience of shame in medical education; the effects, reactions and impact of shame; cognitive and physical manifestations of shame; resilience building and antidotes to shame. We will also explore the importance of discussing one's experiences of shame and investigate mindfulness practices as a means of working through experiences of shame.

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

- Identify the consequences of shame in medicine and medical education.
- Reflect on experiences of shame in medicine and medical education as clinicians and teachers.
- Utilize mindful practice approaches as an antidote to shame.

When: Saturday, April 27th, 9am to 4pm

Where: Gell Center Gleeson Lodge (near Naples)

Cost: \$100 for the day. (Students \$25) Tea/Coffee provided. Bring a packed lunch

For further information & to RSVP Contact: Patricia Luck on patricia_luck@urmc.rochester.edu

Facilitators:

Beth Whelan, PhD, RPsych

Associate Professor & Training Director

Student Wellness and Counselling, Memorial University St. John's, NL

Visiting Professor, Department of Global Public Health & Primary Care, University of Bergen, Norway

Patricia Luck, MBChB(MD), MPhil PallMed, MSc MedHum

Assistant Professor Clinical Medical Humanities, Division of Medical Humanities and Bioethics

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