

*******SAVE THE DATE*******

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



October 26-29, 2016

Chapin Mill Retreat Center, Batavia, NY

A retreat-like workshop designed to improve the quality of care that clinicians provide while improving their own resilience and well-being. It offers an experiential learning environment, with a focus on developing the capacity for self-awareness in stressful and demanding situations.

Designed for medical practitioners (physicians, NPs, PAs) and others involved in medical practice and education. No prior experience is required, however, experience with meditation or other contemplative practices is desirable.

Session themes include communication with patients/families, responding to suffering, difficult decisions, errors, professionalism, medical education, compassion, self-care, resilience and burnout.

Course Directors: Ron Epstein, MD and Mick Krasner, MD

Sponsored By: Mindful Practice Programs, Department of Family Medicine, University of Rochester Medical Center

At the conclusion of this activity, participants should be able to:

- Increase self-awareness and self-monitoring during clinical work and teaching
- Enhance clinicians' ability to attend to patient's needs, reduce and respond to errors, practice with greater effectiveness and compassion, and attend to their own well-being
- Incorporate mindful practice into clinical and educational activities at their home institutions

Register for this event!

For more information please visit our website at

www.mindfulpractice.urmc.edu



If you have questions about this event, or require assistance with online registration, please contact the Center for Experiential Learning at 585-275-7666.