

The Mindful Compassion Project *presents*

Mindful Practice in Medicine (MPIM)

Singapore 4-day Retreat Workshop

Are you a clinician involved in patient-care?

Are you a healthcare leader caring for other healthcare professionals?

Are you a medical educator or clinical mentor guiding healthcare students?

Are you interested in shaping a more mindful and compassionate healthcare system?

This 4-day retreat workshop has been created for healthcare professionals to enhance professional well-being and thriving; to better serve others with passion and joy; and to improve the quality of patient care and clinician satisfaction.

Participants will be introduced to

Mindful Compassionate Awareness, Narrative Medicine & Appreciative Inquiry being integrated into the daily practice of Medicine in the following key themes: *Responding to Suffering; Health Professional Loss and Grief; Compassion & Self-Compassion; Flourishing in Clinical Care; Uncertainty; When Things Go Wrong; Managing Conflict; Teamwork and more!*

Facilitated by

Dr Michael Krasner & Dr Patricia Lück

University of Rochester School of Medicine & Dentistry



About the Facilitators



Professor Michael (Mick) Krasner is a Professor of Clinical Medicine and Professor of Clinical Family Medicine, at

at the University of Rochester School of Medicine and Dentistry practicing full-time primary care internal medicine in Rochester, New York. He has been teaching Mindfulness-Based programs to patients, medical students and health professionals for more than 20 years, involving more than 1500 health professionals. He was the project director of Mindful Communication: Bringing intention, Attention and Reflection to Clinical Practice, reported in JAMA, 2009.



Professor Patricia Lück is Assistant Professor, Clinical Health Humanities and Bioethics. She is Director of the

Division of Health Humanities within the Department of Health Humanities & Bioethics, the Program Director of the Master's in Medical Humanities Program and faculty at the University of Rochester. She brings her experience as a Palliative Care and Family Practice physician as well as over 20 years experience teaching Mindfulness-based programs in medicine, including Mindful Practice.

About Mindful Practice in Medicine

Developed by Physicians

This course was developed in 2007-2008 by a team of physicians at the University of Rochester school of Medicine and Dentistry (New York, USA) to address common challenges faced by healthcare professionals.

In the past 12 years. Co-directors Dr Ronald Epstein and Dr Michael Krasner have offered this continuing educational program to the international healthcare community— bringing awareness to the need for clinician self-care, well-being and community-building, in order to enhance the quality of care for patients and their families.

Interactive Modules

Workshop modules are developed by physicians to help medical practitioners and educators respond to the erosion of joy in their work, through an experiential, safe and interactive learning environment shared with colleagues. The MPIM approach is evidence based—as it lessens the effects of burnout, improves well-being and engagement with work and cultivates patient-centered compassionate care. Research supporting the efficacy of Mindful Practice Programs include JAMA, 2009, Academic Medicine 2012, and Journal of Continuing Education for the Health Professions 2022.

For more information about Mindful Practice in Medicine, visit: <https://mindfulpracticeinmedicine.com>

Course Details 3 to 7 July 2023

Dates

3 to 7 July 2023 (Mon to Fri)

Mon: 5:30pm - 9:00 pm

Tue to Fri: 9:00am to 5:30pm

Venue

32 Holland Park, Singapore
(limited to 25 participants)

Contribution

S\$2,950 (US\$2,095)

Early Bird Rate: (by 31 Jan 2023)

S\$2,350 (US\$1,695)

Closing Date: 31 May 2023

(or when all spaces are filled)

Non-refundable Administration Fee: S\$200

Registration

Please register at

<https://tinyurl.com/MPIMReg>

Prerequisites

This course is open to clinicians, medical educators and leaders in healthcare who have some years of experience in clinical practice

CME/CPD Hours

The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 23.00 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Mindful Compassion Project

Established in 2017 to bring awareness to mindful compassion education programs for helping professionals in Singapore.

For more information visit:

www.themindfulcompassionproject.com

For more information:

Please contact Dr Virginia Lien
The Mindful Compassion Project
themicoproject@gmail.com

