



## Teaching and Practicing Mindfulness in Health Professions Education

9:30 -11:30 am - Room NA201 - Isabel M. Stewart Building - 700 McDermot Avenue, Winnipeg, MB

**Registration** – Click [here](#) to register.

Open to all RFHS health professions educators, this program is based on the research that has demonstrated the positive outcomes of mindfulness practice for patients and health care providers. Each of the four sessions will focus on different aspects of mindfulness and include an instructional component and meditation practice. The series will also model teaching strategies that may be used to incorporate mindfulness teaching in academic settings. Although each session is a “stand alone”, participation in the full series is encouraged. The program is adapted from The University of Rochester School of Medicine and Dentistry’s program: “Mindful Communication: Bringing Intention, Attention, and Reflection to Clinical Practice”.

<b>September 26<sup>th</sup> 2017</b>	<b>The Present Moment – Mindfulness Meditations and Appreciative Dialogues</b>
<b>October 10<sup>th</sup> 2017</b>	<b>The Effect of Perception on One’s Responses</b>
<b>October 24<sup>th</sup> 2017</b>	<b>Stress Physiology and Pleasant/Unpleasant Experiences</b>
<b>November 7<sup>th</sup> 2017</b>	<b>Reacting and Responding to Stress</b>

### Learning Objectives

By the end of this series participants will be able to

1. experience being present through mindfulness practices,
2. describe the effect of perception on shaping responses (in relation to personal and professional challenges),
3. identify the effects of stress on physiology and occupational interactions,
4. describe the effects of reactivity to stress, and practice mindfulness strategies,
5. assess the challenges and opportunities for the inclusion of mindfulness teaching strategies in health professions curricula, and
6. plan for the inclusion of mindfulness teaching strategies in courses/programs.

### Facilitator

Ingrid Toews, MSc, PhD (Counselling Psychology)  
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