MINDFUL PRACTICE: FOCUS ON SERIOUS AND LIFE-LIMITING ILLNESS

May 1-4, 2013  Chapin Mill Retreat Center  Batavia, New York

WORKSHOP GOALS AND OBJECTIVES
This workshop is designed to improve the quality of care that clinicians provide while improving their own resilience and well-being. Participants will focus on developing the capacity for mindful practice — attentiveness, situation awareness, self-awareness, teamwork and self-monitoring in stressful and demanding situations. Themes of the workshop sessions will include difficult discussions with patients and families, witnessing and responding to suffering, decision-making under uncertainty, end-of-life care, ethical dilemmas, self-care and compassion.

For medical practitioners (physicians, NPs, PAs) and educators who work in Intensive/Critical Care, Hospital Medicine, Oncology, Primary Care, Palliative Care, Hospice and other settings in which clinicians face serious illness and mortality.

Workshop objectives:
- Enhancing clinician self-awareness and self-monitoring during clinical work and teaching.
- Enhancing clinicians’ ability to attend to patients’ needs, reduce and respond to errors, practice with greater effectiveness and compassion, and attend to their own well-being.
- Incorporating mindful practice into clinical and educational activities at their home institutions.

No prior experience is necessary, but openness to contemplative practice is desirable.

LOCATION / ACCOMMODATIONS
The workshop will take place at the beautiful Chapin Mill Retreat Center, 8603 Seven Springs Road, Batavia, NY 14020 (between Rochester and Buffalo, http://www.rzc.org/chapin-mill/).

The Retreat Center offers comfortable, handicapped-accessible basic accommodations with single and shared bedrooms and shared bath. Participants are strongly encouraged to stay on-site. Accommodations and meals are included in the course fee. For those who prefer, a few rooms have been set aside (at additional cost) at the Clarion Hotel, 8250 Park Road, Batavia, New York, 14020. Call (585) 344-2100 for reservations.

REGISTRATION AND CONTACT
Register online: www.urmc.rochester.edu/cpe (click on conference link)
There are a limited number of spaces in this course. Please register early!

University of Rochester Center for Experiential Learning, 585-275-4392.

COURSE FACULTY
- Ron Epstein, MD (Director)
  Professor, Departments of Family Medicine, Psychiatry and Oncology
  Center for Communication and Disparities Research
  University of Rochester School of Medicine & Dentistry
- Tony Back, MD
  Professor, Fred Hutchinson Cancer Center
  University of Washington School of Medicine
- Tim Quill, MD
  Professor, Department of Medicine
  Center for Ethics, Humanities and Palliative Care
  University of Rochester School of Medicine & Dentistry
- Peter Sullivan, MSW
  Patient Coach, Center for Communication and Disparities Research
  University of Rochester School of Medicine & Dentistry

COURSE PLANNING COMMITTEE
Drs. Epstein, Back and Quill, Mr. Sullivan, Mick Krasner, MD, FACP (University of Rochester) Stephen Liben, MD (McGill University)

FEES
Early registration (Before March 1)  Regular Fee
$1095  $1195
Course fee includes accommodations at Chapin Mill & all meals.

Sponsored by the University of Rochester Medical Center - The Center for Experiential Learning
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ACCREDITATION/CERTIFICATION
The University of Rochester School of Medicine & Dentistry is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Rochester School of Medicine & Dentistry designates this live activity for a maximum of 24 AMA PRA Category 1 credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This live educational activity has been submitted to the American Academy of Family Physicians for approval of contact hours. Application is pending.