

MCS Selective Mind – Body Medicine Facilitating Patient & Physician Wellness

Introduction:

“Medi” in *medication* and *meditation* comes from the same root, meaning in the middle, or in other words, centered or balanced. How can physicians create balance in their lives, and in the lives of their patients? Mind-body medicine serves as a mechanism to achieve this goal. Mind-body medicine is based on the knowledge that disease manifestation is not purely created through physiologic imbalance, but is also influenced by one’s thoughts and emotions. How does this knowledge affect the way that medicine is practiced today? What exactly is mind-body medicine and how does it relate to stress and burnout? And how can physicians use mind body awareness and techniques to help not only their patients, but also themselves?

This selective will serve as an introduction to mind-body medicine and will address the following:

- How physicians can view their patients as complex beings with a mind, body, and spirit
- What do physicians need to know about mind body medicine to most effectively care for their patients?
- What role does incorporation of mind body medicine play in the healing of the patient as well as the physician?

Instructor:



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Educational Objectives:

At the conclusion of this course you will have the ability to:

1. Understand the values of and evidence for mind-body medicine
2. Understand the stress response and its link to mental and physical illness
3. Appreciate the evidence for the utility of the relaxation response in treating and preventing illness through promoting resilience
4. Appreciate the importance of self-care in the healing profession
5. Recognize burnout warning signs, and incorporate mind body strategies to promote physician wellness and resiliency

Syllabus:

Mind-body medicine is based on the scientific understanding that our thoughts and feelings are inextricably connected with our mind and body. It values evidence-based skills in self-care, nutrition, self-awareness, and support among others. This course will introduce students to mind-body medicine and will emphasize the effects of the stress response and its counterpart the relaxation response. It will educate students to become future physicians who appreciate the complex interplay between the mind and body in the manifestation of disease states. It will ultimately foster the development of mindful, compassionate future physicians who promote resilience while caring for their patients and themselves.

Session 1: Intro to Mind-Body Medicine/Understanding the Stress Response

- What is mind-body medicine, and how is it used in practice
- What is the stress response
- Understanding the pathophysiology of stress and its consequences

Session 2: Understanding the Relaxation Response

- What is the relaxation response, and how can you achieve it
- What is the mechanism behind the relaxation response and how does it help combat stress and disease
- Understanding resilience
- In class exercises eliciting the relaxation response
- Raison exercise, learning to cultivate mindfulness
- HW activity eliciting the relaxation response, reflection of experience due next class

Session 3: Physician Burnout: How do we prevent it and promote physician wellness?

- How can physicians create balance in their lives and why is this important
- What is burnout and how can we recognize warning signs
- How can we make self-care a part of our lives
- Practice exercises that can decrease burnout and nourish ourselves throughout our career

Session 4: Envisioning a future for Mind-Body Medicine & Topic Presentations

- Putting it all together: how can we envision a future for ourselves where we incorporate mind-body medicine into our practices
- Opportunities to cultivate mind-body medicine in your education and career
- Topic presentations
- Reflections on the course

Evaluation:

1. Attendance and active participation in discussion
2. Reflections after each session

3. Compose a short (5 minute) presentation on a mind-body medicine topic of interest
(Topics include but are not limited to: stress, meditation, positive affect, the placebo effect, yoga, qi gong, acupuncture, spirituality)

Class Size:

Minimum 5

Maximum 12