

Theme: Awareness and Attention

Intention: Developing Community, Practicing awareness,

Teacher Intention: Embodying patience, trust, beginner's mind, non-judging, acceptance, non-striving, letting go

Welcoming - introductions of Vinny and Sarah; large group go-around

Mindful Movement (keep brief, no need for residents to repeat same movements - use this simply as a way to begin to slow down, feel into the body; point out it can also be a way to just get up and move the body; note that the way that we guide this practice is congruent with the way movement practices are guided in an MBSR class - say this explicitly to residents)

6 Point Body Scan (this is one of the practices that residents identify as helpful)

Large Group Play/Pass: what did you notice?

Then Popcorn out: how is this way of paying attention different from how you normally pay attention? What might this have to do with our wellbeing?

Community Agreements:

- agreements amongst everyone that is present
 - privacy - share the learning but not the personal stories
 - really listening, speaking from the present
 - respecting others
 - each of us knows when to ask for help, and noticing your desire to "fix"/"advice giving"
 - Creating space to be honest, may not always feel safe, "safe enough"
 - Non-judgement - kindness for oneself and others
 - Awareness of limiting impressions
 - is there anything else you want to add?

Ron Epstein's Chapter 1: 2 surgery stories

After reading stories, PAUSE

Silent Reflection: Consider a time in your clinical practice in which you have "caught" yourself being aware in the moment. Perhaps it was a time when you noticed tension in your chest when having a difficult conversation with a patient. Perhaps it was a thought that arose from a moment of clinical intuition. Perhaps it was a sense of joy in hearing that a patient's surgery went well or they decided to make a healthy change in their lifestyle. If you find it hard to think of a moment in which you were aware "in the moment", consider if there was a time that you did not notice the impact an encounter had on you until later in the day, week, or month following.

Introduction to Mindful Listening/Speaking - introduce shoulder-to-shoulder as a stepping stone
- acknowledge it's not natural, can be helpful to begin the practice of isolating the actions of
mindful listening and speaking; THEN - introduce listening/speaking with more natural settings,
eye contact, body language (in Session 2)

Dyad practice: What arose for you in considering these "moments of awareness"? How might
noticing these moments support you and/or your patients?

Debrief Dyad practice in large group

Home Practice: Formal - Body Scan; Integrated - noticing the "doing mind"; consider offering the
poem "Two Kinds of Intelligence"