

Class 3

Theme: Uncovering our wholeness

Intention: allowing space for residents to spend time with their experience of being cared for; allowing space for residents to notice the tensions that arise in their clinical practices as residents and how they may or may not have connected with a sense of being supported in these moments

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

Welcome, Honor Feedback and Drop-In (What are you sitting with today, right now? Play/Pass - remember to allow for lots of space, lots of permission in facilitating these conversations))

Reminder of themes/practices from Classes 1 and 2

Tai Chi movements

Caring Moments practice: calling to mind one person (mentor, family member, friend), being, environment that yielded a sense of being cared for as a physician or a human being in the process of becoming a physician...

["Buddha's Brain" by Rick Hanson, page 85, "Make it last by staying with it for 5, 10, even 20 seconds; don't let your attention skitter off to something else. The longer that something is held in awareness and the more emotionally stimulating it is, the more neurons that fire and thus wire together, and the stronger the trace in memory (Lewis 2005)."]

Dyad Practice facing each other

- 1) What was that like for you? What challenges showed up during the practice?
- 2) How might this be relevant to day-to-day clinical practice?

Large Group debrief about today's practices and home practice (body scan, walking meditation, mindful listening/speaking, noticing transitions) and any "new noticings"

Reflection: Residents have often reported a sense of feeling constrained or even powerless within the scope of their clinical work - either in the process of motivating lifestyle changes or discussing narcotic abuse with certain individuals, in feeling responsible to attending physicians during their residency training, in harnessing community/social support for their patients, or in working as a resident with the health care system as it exists today. Perhaps you have not experienced this yourself, but a fellow resident has. Allowing one of these experiences to arise in your attention, seeing if it is possible to notice the sensations that show up in your body - where are those sensations located in your body? What is the quality of the sensation? Are there particular thoughts or emotions that show up as well?

- 1) Inviting residents to share their experiences

2) What has supported you in those moments of feeling constrained or powerless?

Closing with a pause, a “drop in” to their present moment experience

Home Practice:

Formal: body scan, walking, caring moments, “three breaths practice”

Integrated: walking, noticing transitions, holding “caring moments” in our attention for 5, 10 or 20 seconds