

Class 4

Theme: compassion

Intention: cultivating compassion in clinical care

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

Welcome: resident story - compassion was my super power...until residency

Movement: Tai Chi

Loving Kindness:

- 1) Read from Sharon Salzberg's Loving-Kindness, Chapter 2, the origins of this practice
- 2) benefactor, oneself, neutral person, difficult person,

Dyads:

- 1) what do you notice today with loving kindness practice. Why might we do this practice?

Large group:

- 1) Open reflection on previous practice
- 2) Readings on Compassion Definitions: "Attending" page 129, "Medicine and Compassion" page 148
- 3) What does compassion look like in your clinical practice?
- 4) Consider sharing "one for me, one for you" breath practice

If time allows: time to practice discussing mindfulness in a clinical setting - either with patients or colleagues. Offering residents a chance to guide one of the practices we've done so far in the course

Review Home Practice and ½ day retreat

Formal: Try to practice either body scan, walking meditation, loving-kindness, or Caring Moment practice, "three breaths practice"

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