

## Session 2 Summary (with some variance per group)

Welcome

Mindfulness Practice:

- 1) Contemplative movement
- 2) Breath Awareness Practice (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Reflection: What are you sitting with today?

Review of Session 1

Review of Moments of Pause and Home Practice

Reflections

Open question: what, if any, of these suggestions were you able to incorporate? What was supportive? What was less supportive? What showed up in the last month?

Reviewing 2 stories from the book Attending by Ron Epstein

Silent Reflection: Consider a time in your clinical practice in which you had a moment of awareness. What did you feel in your body? What thoughts/emotions arose?

Introduction to Mindful Listening/Speaking

Dyad practice: Consider a “moments of awareness” in your clinical work? How might noticing these moments be different (if at all) from how we normally pay attention?

Home Practice:

Formal: breath awareness

Integrated: mindful communication