



# **Discovery Pathway on Promoting Resilience In Medicine**

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# Description

- Purpose: Introduce students to mind-body practices to enhance self-awareness and self-care
- 2 credit elective
- Three phases:
  - Phase 1: weekly facilitated sessions by trained UF CoM faculty, 11 weeks for first and second year
  - Phase 2: 8 monthly facilitated discussion sessions
  - Phase 3: Project and electives

# Course Material

- Year 1: Introduction to Mind Body Medicine
  - Use curriculum developed at the Georgetown University School of Medicine
  - Meditation, Guided Imagery, Autogenic training, movement, music
  - Meets 2 hours, weekly for 11 weeks
  - Opening meditation, check in, experiential exercise, processing, closing meditation



# Course Material

- Year 1: Introduction to Mind Body Medicine
  - 2 groups, 10 students and 2 facilitators in each group
  - Additional home practice of 20 min/day
  - Recommended readings to be provided
  - Session time to be announced
- Year 2: Mind Body Medicine
  - Similar format and material as Year 1, with focus on deepening the practices learned



# Course Material

- Year 3: Facilitated discussion groups
  - 8 monthly sessions facilitated by faculty,
  - 90 min each session
  - Discussion topics include meaning in medicine, setting boundaries, burnout, attraction in clinical settings, end-of-life, etc.
  - Opening meditation, case presentation( story) shared in pairs and with group, processing, closing meditation
  - Session time to be announced



# Course Material

- Year 4: Project and Electives
  - Several electives in narrative medicine, ethics, Integrative Medicine, Reflective Writing, are suggested
  - Students projects may include a compilation of essays, oral or poster presentation given at a relevant local, regional or national conference



# Application

- Submission of an brief personal statement of interest in this track
  - Faculty review and student selection
  - Current participating faculty
    - Dr. Brian Cooke
    - Dr. Lisa Merlo-Greene
    - Dr. Irene M. Estores
    - Dr. Maureen Novak
    - Dr. Melanie Hagen
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