

POSSIBLE IDEAS FOR REFLECTIVE WRITING SESSIONS:

TOPICS to focus on with a half-page or so of reflective writing

Personal Wellbeing

- 1. Assignment #1: Integrative Medicine recognizes health on 4 dimensions of being: physical (body), intellectual/emotional (mind), spiritual, and relational (including community). What practices do you engage in on a regular basis that addresses these dimensions? Are some of these dimensions more important to you than others? What are the dimensions where you currently feel most satisfied that you are taking good care of yourself? Where would you like to improve? (a variation of this assignment might be to take one dimension at a time [i.e., body or emotions], and write about it)**
- 2. Assignment #2: What are barriers to your wellbeing? What are ways of addressing these barriers?**
- 3. Assignment #3: How do you personally sustain practices that enhance your personal wellbeing?**
- 4. Assignment #4: How do you personally manage stress and compassion fatigue?**

Patient Care

- 1. Assignment #1: Write about a difficult encounter you've had with a patient. What made it difficult? What did you learn? How might you approach a similar situation in the future?**
- 2. Assignment #2: Write about difficulties you've had using an integrative medicine approach with a patient (e.g., when motivational interviewing is not enough; when you are struggling to build a "healing partnership" with a patient). What were the challenges? What were the impediments? In retrospect, could you do anything differently to be more effective in your approach?**
- 3. Assignment #3: Write about difficulties you've had with colleagues regarding an integrative medicine approach (scepticism, misconceptions). How have you handled these encounters? What have you learned?**

Relationship-Centered Medicine

- 1. Assignment #1: How do you build relationship with patients? What specific skills have you found to be effective? What obstacles have you encountered and how have you addressed them? (Give a specific example)**
- 2. Assignment # 2: In a clinical encounter, how do you recognize and address patient emotions? How do you recognize and address your own emotions in the same encounter? What do you do when your response to the patient is frustration, impatience, annoyance, or anger? When it is sadness, helplessness, or despair? What are your thoughts about working with your emotions to put them in the service of optimal patient care?**