

THE ART OF DOCTORING: THIRD YEAR ELECTIVE

- Compassion and empathy are core values of the healing professions and key to the healing process.
- Longitudinal observation of medical students has demonstrated that they become less compassionate over the course of their clinical training
- We believe that reflection and mentoring in a nurturing environment can enhance medical students' understanding of the physician-patient relationship and their professional role.

WHAT: A new elective, "The Art of Doctoring," will be offered to a limited number of third year students. *Enrollment will be on a first come, first serve basis. Students enrolled will receive 2 weeks elective credit which can be applied to graduation requirements.*

WHEN: The second Tuesday of every 4 week bloc, 4:30-6:30, starting block 3, September 2, 2003. There will be 10 sessions offered over the course of the year.

WHERE: UCIMC

WHO: The elective will be co-taught by Drs. Lloyd Rucker and Johanna Shapiro, with additional support from other faculty, including Drs. Elizabeth Morrison, Alpesh Amin, Dan Robichek, Felicia Cohn, and Roger Walsh.

FORMAT: Students will meet in a small group once a month for two hours.

CONTENT: Sessions will include the following:

- Informal discussions with physician role models about how they personally cultivate compassionate, empathic attitudes and behavior toward patients; and peer sharing of personal strategies
- Specially designed self- and other-observation guides to learn about compassionate, empathic care through self-monitoring and observations from peers, supervising residents, attendings, patients and family members;
- Self-reflective techniques to promote compassion including learning to:
 - Be mindful, centered, and "fully present" with patients
 - Achieve emotional equilibrium: tenderness and steadiness
 - Maintain attitudes thankfulness, gratitude, and self- and other-forgiveness
 - Use journaling and other reflective/creative writing, including critical incident essays and poetry, to promote goals of compassion and empathy
 - Use wisdom sayings, nature and other cues to regain and maintain a compassionate focus
- Problem-solving in a case-based format about how to work most compassionately in situations involving time constraints, language barriers, and "difficult" or "demanding" patients

- Brief, on-site readings by medical student and physician-authors exploring their own efforts to cultivate and maintain compassion and empathy

OBJECTIVES: At the end of these sessions, students will

- Understand the usefulness of reflection and imaginative perspective in a) cultivating compassion and empathy for patients, patients' family members, peers, self, and others b) developing insight into how best to convey compassion and caring in the doctor-patient relationship
- Be able to identify and assimilate compassionate attitudes and behaviors modeled by others
- Know how to use mindfulness and other re-centering techniques to maintain an attitude of compassion in difficult and stressful situations
- Know how to use reflective writing and other humanities-based techniques to develop and maintain compassion and empathy

TO ENROLL (or request further information): Email Dr. Shapiro at jfshapir@uci.edu

Thank you for your interest!