

**SUMMARY OF HEALING PRACTICES EXERCISES
ART OF DOCTORING THIRD YEAR ELECTIVE**

- 1) Monitor your patient/educational interactions for a week and notice 1-2 situations in which you behaved consistent with your values and your sense of professionalism as well as 1-2 situations in which you felt you could have done a better job. Describe each.**
- 2) On a 1-7 continuum from emotional detachment to emotional over-involvement, record for each patient encounter which number best describes you, and how you felt about your level of emotional connection with that particular patient.**
- 3) Write a skit demonstrating a problematic encounter with an attending, resident, or patient; and generate alternative ways of acting in the same situation.**
- 4) We've also had an in-class assignment to generate ways of working with the frustration and powerless that can arise when students encounter a difficult attending, resident or patient. The students' list included:**
 - a. Understanding the other person's point of view
 - b. Shifting one's own perspective. This might include reframing the situation or putting it in a larger context.
 - c. Prayer
 - d. Journalling
 - e. Yoga, meditation
 - f. Talking, sharing with a friend
 - g. Using humor
 - h. Surrounding oneself with nonjudgmental people
 - i. Receive validation and affirmation from patients

Their assignment was to choose one of these strategies and practice it for a week.

- 5) Collect wise/spiritual sayings and write a paragraph about each, noting how it helps you get through the day and helps you in dealing with problematic patient or educational situations.**
- 6) Describe a positive physician role-model and note carefully what attributes and communication/interactional skills are responsible for this physician's successful relationships with patients.**
- 7) Apply the "Challenging Situations" algorithm to a clinical encounter and determine which aspects are helpful, and which are not.**