

647A - Art of Doctoring

This course is only available to UCI Students

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Course Description: Art of Doctoring is a small group experience to enhance the physician-patient relationship, expand students' communication skills, and provide strategies to promote compassion and empathy as core physician values. The class uses self-reflective practices, role-modeling, readings, and case-based problem solving discussion.

Course Objectives: At the end of this elective students will ...

- Understand the usefulness of reflection and imaginative perspectives 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.
- Implement these strategies to enhance physician-patient communication and improve patient care.
- Implement strategies to promote self-awareness and to enhance their own career satisfaction.

Key Topics:

- Identifying personal core values and how to maintain them in the practice of medicine.
- Learning how to identify and emulate attitudes and behaviors of compassion and empathy in physician and peer role-models
- Developing attitudes of emotional equilibrium, attentive presence, and mindfulness during stressful patient encounters.
- Working with difficult emotions toward patients
- Learning acknowledgement of, reflection on, and forgiveness for mistakes
- Using reflective writing, reading, and other humanities-based techniques to develop and maintain compassion and empathy

Competencies:

- Improve ability to listen carefully, accurately, and precisely to patients.
- Improve ability to accurately reflect and paraphrase patient statements
- Improve self-awareness and self-knowledge
- Ability to work through emotional responses of anger, frustration, defensiveness, and detachment.
- Ability to convey empathy, understanding, respect, and caring toward patients

- Increased ability to re-center or restore emotional equilibrium in stressful situations.
- Ability to use writing, reading and other humanities-based techniques to reflect on difficult patients and situations for the purpose of gaining new insight and developing new courses of actions.

Attitudes and Commitments:

- Increased compassion, empathy toward patients
- Attitudes of service
- Renewed commitment to the practice of medicine generally, and in particular toward patients often stigmatized in the medical system.

Educational Activities:

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What Students should do to Prepare for the Rotation: Students must have the willingness to participate in reflection and a reasonable degree of self-disclosure for the purpose of developing more compassionate and caring attitudes and behaviors toward patients.

Clinical Responsibilities of the Student: This is not a clinical rotation.

Patient Care Responsibilities of the Student: This is not a clinical rotation.

Call Schedule of the Student: This is not a clinical rotation.

Procedures to be Learned by the Student: This is not a clinical rotation.

Percentage of Time Students will Participate in Ambulatory Setting: This is a clinical rotation.

Conference/Lecture/Small Group Sessions:

.50	Clarifying Personal Values Lecture
.50	Mindfulness in Medical Practice Lecture
.50	Reflective Writing for Medical Students Lecture
.50	Cultivating Emotional Equilibrium Lecture
.50	The Role of Forgiveness in Medical Mistakes Lecture

Course Hours:

25.0	Case Based: observation of and reflection on difficult cases
25.0	Small Groups
30.0	Other: reading, writing, journaling
80.0	Total

Content Theme Integration

- Communication Skills
- Death & Dying
- Decision Making
- Ethics
- Geriatrics
- Humanities
- Multicultural Medicine
- Patient-Health Education
- Spirituality

Required Reading: Howard Spiro (ed) Empathy and the Practice of Medicine

Recommended Reading(s):

- Eric Cassell - The Healer's Art
- Howard Brody - Stories of Sickness
- Arthur Frank - The Wounded Storyteller
- Rachel Naomi Remen - Kitchen Table Wisdom
- David Loxterkamp - A Measure of My Days
- David Hilfiker - Healing the Wounds
- Richard Selzer - Letters to a Young Doctor
- Richard Selzer - The Doctor Stories
- Jon Mukand (ed) Articulations: The Body and Illness in Poetry
- James Pennebaker - Opening Up
- Pema Chodron - When Things Fall Apart
- Jack Kornfield - A Path with Heart
- John Kabat-Zinn - Where Ever You Go, There You Are

Official Grading Policy: This elective will be offered as P/F only. Students will receive a passing mark if they 1) Attend 9 out of the 12 small group sessions 2) Complete all writing, observational, and self-reflection assignments satisfactorily. The instructor will meet with all students halfway through the course and provide verbal feedback on the student performance, including identification of problems and recommended solutions. If a student fails the course he/she will be given the option of doing additional written work that will be negotiated between the instructor(s) and the student; or he/she will repeat the elective.

Department: Educational Affairs