Mindfulness for Health-Care Professionals: An 8-week Immersion in Self-care

Dr. John Lovas
Thursday Evenings, 6:00 – 8:00 pm
September 26 – November 14, 2013
Dean’s Conference Room (Room 5150)

Course Synopsis

Working in health care, and life in general, is very stressful at times. Yet to truly enjoy life, and best serve our patients, coworkers, families and society, we ourselves need to be well. Effective, regular self-care is not only sensible, but also a professional responsibility. Mindfulness—a universal, but underdeveloped way of relating both realistically and kindly to ourselves and the world—is becoming a well-recognized foundation of self-care.

This continuing dental education course is designed for health-care professionals who spend an unhealthy portion of their life caring for everyone but themselves. The course provides a unique opportunity to learn about and experience a profoundly beneficial program of self-care practices.

Not simply a technique, mindfulness is a state of being “that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.” (Kabat-Zinn) Mindfulness training “increases awareness of thoughts, emotions, and maladaptive ways of responding to stress, thereby helping participants learn to cope with stress in healthier, more effective ways.” (Bishop et al)

Course Objectives

Participants will learn and practice sitting meditation, walking meditation, qi gong breathing, standing meditation, and partake (voluntary) in discussions about integrating mindfulness into our professional and private lives.

Intended audience: All health care providers, including dentists, dental hygienists, physicians, osteopaths, psychotherapists, pharmacists, nurses, assistants, receptionists, office managers, life coaches etc.—the entire health care team. You and your entire office are invited to engage in a profoundly positive transformative learning experience. Attendance is limited to 20.

Homework: Participants are encouraged to engage in up to 45 minutes of daily practice at home. We derive from this ‘practice’ precisely what we put into it.

Our website and its links provide additional information, including our paper which explains how Mindfulness relates to Professionalism in Dentistry:
http://www.dal.ca/faculty/dentistry/programs/special-offerings/mindfulness.html

Course Schedule

5:30 – 6:00 pm Registration and a light dinner
6:00 – 8:00 pm Thursday evenings (September 26 – November 14)
Please note that we will postpone any sessions that the majority cannot attend or for inclement weather.
Participants are expected to attend at least 7 of the 8 sessions. Positive group dynamics depend on consistent attendance and participation.

For registration, please contact:
CDE Office Phone: 494-1674 Email: dentcde@dal.ca

FEES:
Until Sept. 12th DDS/MD - $675 DDS/MD - $725
ADHP - $500 ADHP - $525
OTHERS - $500 OTHERS - $525

CREDITS 16 hours of lecture