



Have you heard about the benefits of mindfulness?

Curious to know how mindfulness can support your own resilience, and enhance your clinical care and teaching?

DRAM (Developing Resilience through Applied Mindfulness)

Oct. 13-14, 2018 | Nov. 16-17, 2018 | Jan. 26-27, 2019 | Mar 22-23, 2019

DRAM is a unique, intensive

course designed for healthcare professionals and leaders, focusing on the neuroscience, practice and theory of mindfulness in clinical settings. Participants enjoy four 2-day workshops (8 full days) over six months in a supportive, retreat-like setting.

In a recent study, **DRAM** participants experienced significant decreases in symptoms of depression and anxiety, and significant increases in mindfulness and stress tolerance, over the course of the program—and even one year later! 100% of graduates would recommend the course to a colleague.

Here's what our graduates say about **DRAM**:

- “Thank you for initiating change. Thank you for hope and for courage. Thank you for the connections. Thank you for making me aware that change starts with me.”
- “Incredible course!! Spectacular teachers. So much to learn and excited to continue.”
- “Powerful information truly transformational. Feeling a renewed sense of hopefulness.”
- “This course was a great blend of theory and practice, didactic and interactive. The facilitators were enthusiastic, knowledgeable and dedicated and inspiring.”
- “I have the courage to become my full self.”
- “Loved learning about the neuroscience of compassion, stress and change. This should be mandatory for all health professionals.”
- “Great marriage of science and contemplation; the emphasis on science and evidence gives credibility to the practices we learned.”
- “I felt nourished in body and soul. Wonderful food, every day! Beautiful setting!”

What makes **DRAM** such a powerful learning experience?

- Intensive format over several months allows participants to practice, reflect and deepen learning over time
- Interprofessional learning community supports networking and connections
- Mix of lectures, small group work and individual practice appeal to diverse learning styles
- Expert facilitators, with field experience integrating mindfulness into self-care, clinical care and teaching in healthcare environments

Please see fhs.mcmaster.ca/facdev/documents/DRAM2018-2019bro.pdf for details.