



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](https://fhs.mcmaster.ca/facdev/documents/DRAM2018-2019bro.pdf) for details.