

# Henry and Sylvia WONG FORUM IN MEDICINE

The Henry and Sylvia WONG FORUM IN MEDICINE for the advancement of research and public education was established by the Wongs, who are both McMaster Alumni.



6th Annual DAY in FACULTY DEVELOPMENT 2013

## Promoting Wellness through Mindfulness in Clinical Practice

### Abstract

Mindfulness is awareness that emerges from paying attention, on purpose and non-judgmentally to what is occurring as it unfolds on a moment-to-moment basis. It is an innate personal characteristic that can be rediscovered and deepened through meditation and other contemplative practices.

Mindfulness in clinical practice addresses the well-being of both practitioners and the patients they serve. When taught in the context of the Mindfulness-Based Medical Practice program, emphasis is placed on fostering resilience and enhancing communication skills.

### Learning objectives:

- Learn how mindfulness when taught to patients, physicians, and allied health care professionals is a means of decreasing distress/burnout and increasing well-being
- Understand how mindfulness can have a positive impact on clinical practice

## Wednesday, May 1, 2013

4:00 p.m. to 5:30 p.m. (please be on time)

### HSC - 1A6

(Health Sciences Centre, McMaster University)

Reception to follow, outside HSC - 1A6 - All Welcome

### Guest Speaker



**Dr. Patricia Lynn Dobkin, PhD**

Associate Professor, Department of Medicine,  
McGill University & Research Scientist,  
McGill University Health Center  
& Faculty member of McGill Programs in  
Whole Person Care

[www.mcgill.ca/wholepersoncare](http://www.mcgill.ca/wholepersoncare)

Dr. Dobkin's research program focuses on enhancing the quality of life in patients with chronic illness and health care professionals. Her studies have shown that increases in mindfulness contributed to improvements in patients coping with illness and health care professionals' well-being. Dr. Dobkin, along with Dr. Hutchinson - the Director of McGill Programs in Whole Person Care, have advocated teaching mindfulness to medical students, residents and physicians based on the premise that well doctors are better able to foster healing in their patients.



FOR FURTHER INFORMATION: McMASTER UNIVERSITY, FACULTY OF HEALTH SCIENCES  
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