

CLINICIAN VITALITY
Mindfulness Based Clinician Skills (MBCS)

Session #1: Intro to Mindfulness and Mindfulness in Medicine

- Mindfulness
 - What the Science Tells Us
- Mindfulness in medicine
 - Why it's needed and how it can help
- Self-Awareness, Emotional Intelligence
 - Risks, Contraindications, Supporting Self
 - Self-Assessments and Exploration

Session #2: Cognitive Bias and Mindfulness

- Pattern Recognition
- Curiosity, Beginner's Mind
- Implicit Bias

Session # 3: Awareness: of Thoughts, of the Body, of Emotions

- Turning Inward
- CBT Primer
- Resilience as a skill
- Mindful Communication
 - Introduction to Insight Dialogue

Session #4: Managing Suffering - In Clinical Care, In Ourselves

- The shadow side of Empathy
- Secondary Trauma – Physiology / Tend and Befriend / Trauma Informed Care
- When Things go Wrong
 - Grief, Loss, and Shame

Session #5: Self-Compassion

- What is Self-compassion
 - Myths
 - Skills
 - Applicability in clinical work
- Mindful and Compassionate Leadership
 - Vulnerability, Managing Conflict

Session #6: Meaning in Medicine

- Meaningful Experience - Introduction to Appreciative Inquiry
- Values Clarification