

Well Doc Alberta and the Alberta Medical Association's
Physician and Family Support Program Present:
Mindful Practice Workshop for Physicians

Mindfulness is one of the few evidence-based strategies for cultivating personal resilience in medicine, but how do you deploy it? In this workshop, Dr. Jillian Horton will introduce participants to the core components of Mindful Practice, a JAMA published, internationally renowned experiential program that helps physicians incorporate mindfulness into their clinical work, through meditation and deep listening exercises.

Learning Objectives

1. Describe at least 1 study in the literature that provides evidence for mindfulness as a strategy to reduce physician burnout.
2. Experience three core elements of the JAMA published Mindful Practice program - formal meditation, deep listening and an exercise borrowed from narrative medicine.
3. Plan to implement at least one skill presented in the session into their own professional lives.

November 15, 2019 | 0900 – 1200

TRW Building, 3280 Hospital Drive NW, Calgary, AB

This free in-person workshop is open to practicing physicians only

Register here: https://mindfulpractice_nov2019.eventbrite.ca



Jillian Horton MD

Dr. Jillian Horton is a general internist, writer, medical educator, former Associate Dean of Undergraduate Student Affairs, and Director of the Alan Klass Program in Health Humanities at the University of Manitoba in Winnipeg, Canada. She is the Associate Head, Professionalism and Diversity of the Department of Internal Medicine, and also leads programming and initiatives in physician and learner wellness.

Well Doc Alberta is an initiative aimed at advancing a collaborative, co-operative, pan-provincial approach to physician wellness. Our work, focused on education and prevention, is supported by the science of physician wellness and driven by need. We work with physicians at the grassroots level and with leadership to grow capacity, empower change, and shift culture. **Learn more at welldocalberta.org**

Well Doc Alberta

Shaping the future of physician wellness, together



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