



Internal Medicine & Mindfulness for Medical Professionals: Cultivating Resilience

Alaska – July 16-23, 2017
Celebrity Infinity
Up to 18 CME Hours

"Education is not filling a pail, but the lighting of a fire." W.B. Yates

CMEatSEA's unique educational model includes:

- knowledge and practice updates: emphasis on last 3 years
- assessment of delegates' knowledge and performance gaps
- interactive learning featuring "Turning Point" technology, case-based workshops, and Journal Clubs
- ongoing dialogue with distinguished presenters; inside and outside the classroom
- destination specific local content
- topic relevant, evidence based Natural Medicine: exploring implications for patient care
- Practice Management
- Physician Health
- Global Medicine: Geographic, Political and Cultural Medicine

Updated topics in Internal Medicine

- Genomics / Personalized Medicine (1 h)
- Intro to Contemplative NeuroScience / MindBody Medicine and Biofeedback demonstration (1.5 h workshop)
- Cardiovascular risk prediction, management (1.5 h workshop including CIMT demonstration)
- Integrative Health
- Lyme conundrum

Mindfulness Medicine

Session One: Introduction to Mindfulness:

We will define mindfulness and MBSR (Mindfulness-Based Stress Reduction) and explore their applications in clinical practice and the patient-provider relationship.

Session Two: Mindfulness & Perception

We will explore the role of hidden assumptions, interpretations and beliefs that interfere with accurate appraisal of self and situation, and how mindfulness can generate heightened awareness and understanding.

Session Three: Understanding the Physiology of Stress and Resilience

We will explore how stress manifests physically, emotionally and cognitively. With an in-depth review of autonomic nervous system responses and the health impact of chronic stress, we will also experience how mindfulness supports neurophysiological resilience.

Session Four: Mindful Communication

We will review common maladaptive communication patterns that lead to disharmony and stress, and explore mindful pathways to deeper empathy, compassion and boundary-setting.

Session Five: Integrating Mindfulness into Life & Workplace

We will identify strategies for bringing mindfulness into one's daily life and the medical encounter.

Session Six: Mindfulness Resources

We will summarize the course highlights, reflect upon personal learnings, and share resources to support both patient and provider resilience through mindfulness.



Global Medicine:

- Health Care systems outside Canada
- Internal Medicine & Mindfulness in other countries
- Cultural and social issues in medical care

You are invited to join our unique learning community as we travel and explore!

You should attend if you are a family physician, a general internist or a specialist/subspecialist with an interest in the topic areas.

We look forward to welcoming you!

Tim Cook, MD, FRCPC, MHP, DTMH, CD, LCol (Ret'd)
Chair, Medical Advisory Board
CMEatSEA