

From: Hebert, Luke P
Sent: Tuesday, September 18, 2018 8:52 AM
To: StudentCOMServices <StudentCOMServices@med.uvm.edu>
Subject: Announcement for the weekly wire

Announcing a new 4th year 2-week elective!

When: April 1- April 12, 2018

Title: Evidence-Based Stress Management: Tools for Provider and Patient

Faculty: Dr. Jane Nathan and Dr. Laura McCray

Max enrollment: 20

This course is designed to examine the relationship between stress, disease, and burnout and to explore the science behind evidenced-based stress management practices for patients and the providers who care for them. We will explore the current evidence highlighting the positive impact mind body techniques have on stress management, wellbeing and disease outcomes. We will use a variety of interactive and hands on experiential learning sessions to improve your wellbeing, mitigate burnout, and reduce stress. You will leave the course with a tool kit of resources to share with your future patients. Inclusive in the course is a 12-hour guided curriculum called Stress Management and Resiliency Training (SMART) delivered by a certified SMART practitioner (Dr. Jane Nathan). SMART was developed by researchers and MGH residents at Harvard/MGH's Benson Henry Institute (BHI) and has been shown by research to support patients, medical staff, resident and physician wellness by teaching evidence-based stress management techniques that help maintain empathy and reduce perceived stress. Additional sessions will include presentations by faculty member who have expertise in stress related topics (stress management, burnout, etc,) and short article presentations by each student in a related area of their interest. There will also be mind-body practice sessions (some student led), a visit from a patient with a chronic condition who engaged in a SMART program, and a short hike with reflective exercises. In addition, there will be a faculty-led practical mindfulness/meditation skills development workshop for participants to develop practical skills so they are able to apply what they learn to clinical practice. Requirements will include attending all sessions, reading assignments (from the instructors and chosen by each student in an area of specialty interest), article presentations, and active participation.

Questions?

Please contact Luke Hebert: luke.hebert@med.uvm.edu