

## Notes from Open Space Topic Convenors

What was your topic or practice?

### **Personal Wellness As Good Medicine, Physician Self-Care, and “How to Bring MDs into These Practices.”**

What were major discussion points?

1. Toni Pusateri led the group in guided meditation and then explained her AHHCP/Fetzer project: yoga certification and teaching yoga/meditation to fellow medical students.
2. Danna Park shared her AHHCP/Fetzer project: a 4-hour seminar on “personal wellness/self-care” for first through fourth year medical students—offered at College of Medicine, four times each year. Students create individualized wellness plans in five areas—nutrition/physical/interpersonal relationships/stress management/spirit. Also offered, 6- and 12-week individual follow-up with seminar leader to modify wellness plans if student desires.
3. Talked about barriers to self-care—time constraints, institutional factors, “culture of medicine,” where best to teach this (medical students? residents? practicing physicians?—the consensus of this group—they all need these skills!).

What did you learn?

- Using resources (financial and personnel) at your institution
- Find the professor in the medical school that the students love and convince him about the wellness idea—finding a “champion” already established in the system that you’re working in
- Engaging physicians, greater than 50 years old or retiring, who can share their experiences with students/residents on a mentor level
- Marty Sullivan’s work—Forming The Society for Healing in Medicine for Physicians, including networks and retreats for this work; check web for the Institute for Healing in Medicine and Society (his parent organization) for more information
- Setting up “the system” for your own success- i.e., secretary blocks out your personal time and helps you stick to it!
- Accepting that doctors are human beings and not perfect!
- Rachael Naomi Remen’s books for inspiration: Kitchen Table Wisdom and My Grandfather’s Blessings

Whom should we contact for more information?

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