

Sat., Oct. 13 and
Sun., Oct. 14, 2018

9:00 a.m. to 4:30 p.m.



FOUNDATIONS OF MINDFULNESS: HISTORICAL ORIGINS AND CONTEMPORARY PRACTICE

(DRAM 1)

BEST: 12 hrs.

Through this course, participants will:

- Identify the knowledge and skills necessary to begin a mindfulness practice
- Experience basic mindfulness meditation practices
- Explore strategies that support reflection of self in relation to our work and personal lives
- Identify opportunities to integrate basic mindfulness practices and strategies into our lives

About the Course:

Mindfulness is the skill of paying attention to the present moment as it unfolds without judgment, and is both a practice and a way of living. These principles and practices are being embraced by corporations, healthcare organizations and teaching institutions as a means to bring focus, calm, creativity and resilience to the workplace.

With a history spanning 2500 years, mindfulness can be used in our modern world to deepen compassion for ourselves and others, and to help manage stress in our work and home lives.

There is mounting scientific evidence that these ancient practices and concepts have positive impacts on our brains, minds, bodies, behaviors and relationships.

Participants in this workshop will be introduced to the history and science of mindfulness, and discover opportunities for integration in education, healthcare and daily life. Through experiential activities, participants will learn the basics of mindfulness meditation and be invited to develop or deepen their personal practice.

Prerequisite: None



PFD Academic Pathways credits:

2-day Module: BEST: 12 hrs.

Full Course: FAST: 48 hrs.

*Participants completing >80% of course, receive a DRAM "Certificate of Completion and 48 hrs. – FAST"
Under 80% receive Certificate of Attendance for BEST hrs. completed

Faculty:

- **Elaine Principi**, Chief of Interprofessional Practice, Hamilton Health Sciences; Asst. Clin. Prof., School of Rehabilitation Science, McMaster University
- **Valerie Spironello**, Asst. Clin. Prof., Dept. of Family Medicine, McMaster University.; Founder-ChooseWellness.ca

This course is part of the **Developing Resilience through Applied Mindfulness (DRAM) Series**, including:

DRAM 1 – Foundations of Mindfulness: Historical Origins and Contemporary Practice
(Oct. 13 & 14, 2018)

DRAM 2 – The Neuroscience of Mindfulness (Nov. 16 & 17, 2018)

DRAM 3 – Being the Change: Growing Civility and Resilience through Secular Ethics and Mindfulness (Jan. 26 & 27, 2019)

DRAM 4 – Integrating Mindfulness into Personal and Professional Life
(Mar 22 & 23, 2019)



Fri., Nov. 16 and
Sat., Nov. 17, 2018

9:00 a.m. to 4:30 p.m.

THE NEUROSCIENCE OF MINDFULNESS

(DRAM 2)

BEST: 12 hrs.

Through this course, participants will:

- Gain an understanding of basic neuroscience in relation to mindfulness
- Explore the impact of neuroscience research on our understanding of mindfulness, compassion, self-regulation and attunement
- Experience mindfulness practices designed to deepen our body-brain integration
- Discuss the practical application of compassion and attunement in personal and professional life

About the Course:

Neuroscience is providing new insights into how our brain functions and influences how we think, feel, act, learn and change.

New research shows that mindfulness practices can effectively enable learning by developing the skills of attention, intention and reflection; enhance mental health; promote healthy relationships and communities; and manage stress/compassion fatigue.

Through a combination of lectures, small group discussions and meditation practices, this workshop will explore how emerging neuroscience research informs our understanding of mindfulness, and how mindfulness can be used to enhance teaching and learning, and promote therapeutic presence with patients, clients and colleagues.

Prerequisite: None



PFD Academic Pathways credits:

2-day Module: BEST: 12 hrs.

Full Course: FAST: 48 hrs.

*Participants completing >80% of course, receive a DRAM "Certificate of Completion and 48 hrs. – FAST"
Under 80% receive Certificate of Attendance for BEST hrs. completed

Faculty:

- **Ken Burgess**, Asst. Clin. Prof., Dept. of Family Medicine, McMaster University
- **Alan Taniguchi**, Asst. Clin. Prof., Dept. of Family Medicine, Education Coordinator., Division of Palliative Care, McMaster University

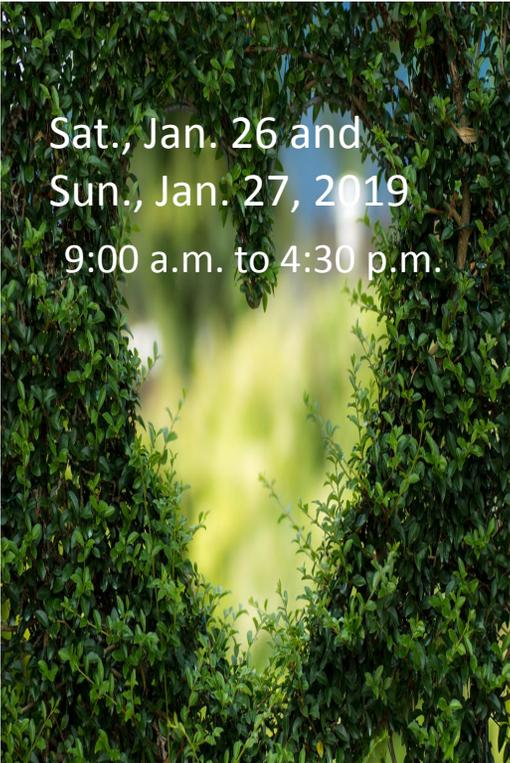
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DRAM 4 – Integrating Mindfulness into Personal and Professional Life (Mar 22 & 23, 2019)



Sat., Jan. 26 and
Sun., Jan. 27, 2019
9:00 a.m. to 4:30 p.m.

**BEING THE CHANGE:
GROWING CIVILITY AND
RESILIENCE THROUGH
SECULAR ETHICS AND
MINDFULNESS**

(DRAM 3)

BEST: 12 hrs.

Through this course, participants will:

- Apply the *16 Guidelines for Life* to promote practical application of mindfulness and secular ethics into healthcare and education
- Experience practices to encourage reflection, civility and compassionate action in the workplace
- Explore strategies that deepen personal, professional and team resilience in the midst of suffering
- Deepen personal mindfulness through meditation practices

About the Course:

Increasingly, healthcare institutions are coming under pressure to do more with less, to accelerate change, to enhance quality of care and to improve the experience of patients and families. As a result, many healthcare workers and leaders find themselves grappling with increased levels of stress, burnout and incivility amongst their colleagues. Is there a way to address this double-bind, to create workplaces that both support physician/staff/learner resilience and enable compassionate care for patients? How can healthcare professionals thrive in the face of personal and occupational stresses? Can our response to the suffering encountered in clinical practice build resilience, rather than leading to cynicism and exhaustion? What would it take to create a community based on mindful principles?

This experiential workshop will explore the practical integration of mindfulness, secular ethics and values into clinical care, education, and interprofessional teamwork. The *16 Guidelines for Life* is a set of multi-cultural principles rooted in ancient wisdom designed to create communities that embody compassionate action in a modern world. Participants will experience how the *16 Guidelines for Life* can be used in healthcare contexts to support practical application of mindfulness in the workplace and cultivate a resilient workforce.

Through this highly experiential course, participants will learn how to help themselves and others clarify core values, deepen commitment to ethical action in challenging situations, and integrate principles of mindfulness into both clinical practice and healthcare leadership.



Prerequisite:

Prior mindfulness experience

PFD Academic Pathways credits:

2-day Module: BEST: 12 hrs.

Full Course: FAST: 48 hrs.

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Faculty:

- **Alan Taniguchi**, Asst. Clin. Prof., Dept. of Family Medicine, Education Coordinator., Division of Palliative Care, McMaster University
- **Valerie Spironello**, Asst. Clin. Prof., Dept. of Fam. Med., McMaster Univ.; Founder-ChooseWellness.ca

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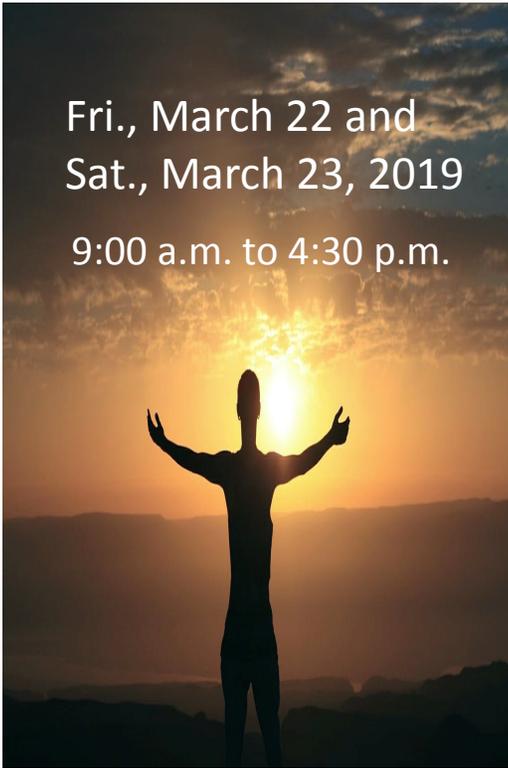
DRAM 2 – The Neuroscience of Mindfulness (Nov. 16 & 17, 2018)

DRAM 3 – Being the Change: Growing Civility and Resilience through Secular Ethics and Mindfulness (Jan. 26 & 27, 2019)

DRAM 4 – Integrating Mindfulness into Personal and Professional Life (Mar 22 & 23, 2019)

Fri., March 22 and
Sat., March 23, 2019

9:00 a.m. to 4:30 p.m.



INTEGRATING MINDFULNESS INTO PERSONAL AND PROFESSIONAL LIFE

(DRAM 4)

BEST: 12 hrs.

Through this course, participants will:

- Experience mindfulness practices designed to deepen self-awareness, clarity and calm
- Learn to apply the neuroscience of mindfulness and compassion to personal and professional life
- Identify creative opportunities for integrating the theory and practice of mindfulness into the workplace
- Explore the root causes of stress and suffering in the workplace and opportunities for developing resilience at work

About the Course:

In a retreat-like atmosphere, participants will deepen their personal mindfulness practice by experiencing a variety of meditative techniques that develop focus, clarity, self-compassion, loving kindness, creativity and reflection.

Participants will gain enhanced understanding of how the skills and principles of mindfulness can be integrated into a variety of setting, including: teaching, clinical practice, relationship-building, self-care, teamwork and leadership. Specifically, the course will explore how mindfulness can support resilience in the face of stress and suffering, at both a personal level and within organizational life.

After taking this module, participants will have an experiential understanding of mindfulness theory and practice, from which they can set their own personal and professional goals for becoming more mindful in daily life.

Prerequisite: Prior mindfulness course and a desire to deepen personal mindfulness practice and apply mindfulness skills in the workplace



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Faculty:

- **Elaine Principi**, Chief of Interprofessional Practice, Hamilton Health Sciences; Asst. Clin. Prof., School of Rehabilitation Science, McMaster University
- **Anna Taneburgo**, B.S.W., M.Ed., R.S.W., Mindfulness Teacher at McMaster University and Hamilton Health Sciences

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Have you heard about the benefits of mindfulness?



Past participants have said:

- “Thank you for initiating change – for hope, for courage and for the connections. Thank you for making me aware that change starts with me.”
- “Incredible course!! Spectacular teachers. So much to learn and excited to continue.”
- “Powerful information truly transformational. Feeling a renewed sense of hopefulness.”
- “Great blend of theory and practice, didactic and interactive. Facilitators were enthusiastic, knowledgeable, dedicated and inspiring.”

Curious to know how mindfulness can support your own resilience, and enhance your clinical care and teaching?

REGISTER TODAY !

In a recent study, DRAM participants experienced significant decreases in symptoms of depression and anxiety, and significant increases in mindfulness and stress tolerance, over the course of the program—and even one year later! 100% of graduates would recommend the course to a colleague.

DRAM is a unique, intensive course, designed for healthcare professionals and leaders, focusing on the neuroscience, practice and theory of mindfulness in clinical settings. Participants enjoy four 2-day workshops (8 full days) in a supportive, retreat-like setting.

In Partnership with:



Registration Details – DRAM 2019

Registration Fees: (includes materials, breakfast/breaks/lunches)

McMaster Faculty/Residents/Staff

\$ 300. per session (2-consecutive days)

\$ 1,200. for full course (total of 8 full days)

Partnered Organizations:

Staff/Physicians working at supporting organizations: Hamilton Health Sciences; Hamilton Family Health Team, St. Joseph's Healthcare, McMaster Family Health Team

\$ 300. per session (2-consecutive days)

\$ 1,200. for full course (total of 8 full days)

External – Non-McMaster or Non-Partnered Organizations:

\$ 400. per session (2-consecutive days)

\$ 1,600. for full course (total of 8 full days)

Cancellation policy: Cancellations received 15 days prior to event will be refunded less a 25% admin. fee. No refunds otherwise. We reserve the right to cancel an event due to unforeseen circumstances.

Liability:

The Program for Faculty Development assumes no liability for any claims, personal injury, or damage to any individual attending this course.

Questions? (905) 525-9140, x. 22954

Please complete and return registration form on next page



REGISTRATION FORM – DRAM 2019

Please indicate all sessions you are registering for:

FULL Course: DRAM 1, DRAM 2, DRAM 3, DRAM 4

DRAM 1 Oct. 13-14, 2018

*DRAM 3 Jan. 26-27, 2019 *(pre-req: prior mindfulness experience)

DRAM 2 Nov. 16-17, 2018

*DRAM 4 Mar 22-23, 2019 *(pre-req: prior mindfulness experience)

Please indicate: **McMaster Faculty/Residents/Staff** **Partnered Organization (HHS, HFHT, SJH, MFHT)** **External**
Dr. Prof. Mr. Mrs. Miss Ms.

McMaster Faculty Appointment (please indicate your School/Prog./Department):

Full-Time Part-Time/Clin. Faculty Adjunct Other Please specify

School/Prog./Department:

Please indicate primary clinical site:

Hamilton Health Sciences St. Joseph's Healthcare Hamilton Family Health Team

McMaster Family Health Team Other Please indicate

Profession: GP RN RN(EC) RES OT PT SW Midwifery Specialist Other Please specify

Firstname:

Surname:

Address:

City:

Prov.

Postal Code:

Tel:

Fax:

Email:

Special Dietary Requirements: (some accommodation may be available) –

Vegetarian Other (please specify)

Accessibility Needs (please specify)

If paying by **McMaster University account**, please indicate # :

Cheques accepted – please make payable to: **McMaster University** and return to address below.

To secure a space, please return registration form and payment as soon as possible to: Elda DiCroce dicroce@mcmaster.ca ;

Fax: 905-528-6552 or mail to Elda DiCroce, McMaster University-DBHSC-5004, 1280 Main St. W., Ham., ON L8S 4K1