



***Giving and Receiving Training* Statement on Commitment to clinician Wellbeing and Resilience**

- In our complex health care system multiple factors contribute to burn out. Prevention requires the collaboration of multiple organizations addressing burn out in various ways Therefore we are looking forward to collaborate with other network organizations in *the National Academy of Medicine Action Collaborative on Clinician Wellbeing and Resilience*.
- We focus on one key indicator of burn out, namely a sense of disconnection with oneself and with others. In a clinical setting this sense of disconnection contributes to a disruption of the therapeutic alliance between clinicians and patients. It also weakens the therapeutic team spirit among clinicians and coworkers.
- Although we cannot change the challenges of practicing good medicine and/or therapy, we can learn to effectively use techniques to remain connected to our patients and to ourselves.

Why does *The Giving and Receiving Training* focus on strengthening the Therapeutic Relationship and increasing inner resilience?

- A strong Therapeutic Relationship is the foundation for optimal treatment outcomes.
- This rewarding dynamic of *Giving and Receiving* between patient and clinician is one of the best antidotes to burn out since it is a deep source compassion.
- Our training transforms the challenges of complex clinical situations into renewed inspiration.

“For it is in the giving that we receive “ St. Francis of Assisi

The Goal of the *Giving and Receiving Training* is to take care of the caregivers by teaching various applications of Mindfulness Meditation and Qigong techniques in a clinical setting.

- Our commitment to teaching the clinical applications of Mindfulness and Qigong is based on our own direct experience integrating Mindfulness and Qigong techniques in clinical work.
- Our team includes a psychotherapist practicing and teaching Qigong (Mindful movements system) and a psychiatrist practicing and teaching Zen Meditation (Mindfulness).
- Numerous studies have shown that Mindfulness increases the capacity for self-awareness, presence and empathic listening. The most common patient complaint is” not being heard.”

Format: Four-day long workshops. Format can be adapted to each organization’s specific needs.

- Attendance is limited to 20 participants to help create a supportive and safe space for sharing patient cases and connecting with peers.
- Regular Booster sessions comprising Mindfulness and Qigong practice and discussion are offered to promote a community of likeminded clinicians.
- Individual coaching is provided.

Each workshop includes:

- First hand practice of Mindfulness and Qigong to learn tools for self-care.
- Discussion of the practical use of Mindfulness and Qigong techniques in a clinical setting.
- Clinical presentation: topics have been selected because of their relevance to maintaining an effective Therapeutic Relationship:
 - 1- ***From Burn out to Resilience and Self compassion:*** explanation of the symptoms of burn out - discussion of strategies to reduce the negative impact of difficult patient interactions.
 - 2- ***From Chronic Pain to Increasing Compassion:*** exploration of the difference between pain and suffering - discussion of strategies to enhance compassion when treating patients with *chronic pain*.
 - 3- ***From Trauma to Deepening Trust:*** explanation of early trauma - discussion of strategies to strengthen the relationship to patients when trauma is impairing patients' ability to build trust.
 - 4- ***From Grief and Loss to Renewed Meaning:*** explanation of complex bereavement-discussion of strategies to stay present and enhance active listening when accompanying patients through the difficult process of loss.

For more information visit our website: givingandreceivinginhealthcare.com