



# *Oasis*

## MEETING SUFFERING: CLARITY AND CALM IN THE CARE OF SERIOUS ILLNESS

*A Residential Training and Retreat for Health Care Professionals*

Center for Mindfulness in Medicine,  
Health Care and Society  
University of Massachusetts Medical School





## *Meeting Suffering: Clarity and Calm in the Care of Serious Illness*

*Instructors: Elana Rosenbaum, LICSW and Susan Bauer-Wu, PhD, RN*

### **Overview**

Witnessing physical pain and emotional turmoil of those facing serious illness can greatly challenge health care professionals who are providing the care. This is compounded by the inherent intense nature of modern, Western medicine that is fast-paced, high-tech and fragmented. Consequently, a sense of feeling powerless and depleted often results.

Mindfulness practice has the potential to foster resiliency of health care professionals by providing self-care tools to manage cumulative work-related stress and by enabling them to be more present and connected with their patients and colleagues. Mindfulness can also be incorporated into clinical care, teaching patients basic techniques to alleviate their emotional and physical suffering. Empowering patients and providing holistic care in this way further strengthens professional satisfaction and meaning, thus augmenting resiliency and minimizing burnout.

*Meeting Suffering: Clarity and Calm in the Care of Serious Illness* will provide health care professionals with easy-to-understand mindfulness practices that can be applied to their personal lives and to their work with particular clinical conditions and settings. This training is specifically geared toward health care professionals working with individuals experiencing serious life-threatening or debilitating illnesses.

### **PROGRAM DETAILS**

#### Location

**University of Massachusetts  
Amherst, Massachusetts**

#### Dates

**October 9-12, 2009**

#### Registration Deadline

**September 9, 2009**



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### Participants will learn

- to foster resiliency and prevent burn-out
- to develop effective self-care tools to be manage work-related stress
- to become more present and connected with patients and colleagues
- to enhance the quality of life of seriously ill persons by using and adapting techniques for different clinical settings

The mindfulness techniques that we will experientially and didactically explore during this training program have been specifically adapted for health care professionals who care for persons with life-threatening or debilitating illnesses.

Rich and insightful training activities integrated throughout the training include the following:

- Practicing five different mindfulness meditations
- Practicing compassion and loving-kindness meditations
- Exploring and practicing the power of presence
- Discussing and role playing mindfulness application in patient-specific settings and situations
- Discussing the nature of suffering and its alleviation
- Exploring and working with negative mind states and physical discomfort
- Using writing (narrative and/or creative) to foster insight and augment meditation experiences and group discussions
- Discussing theoretical perspectives related to mindfulness, resiliency, stress and coping
- Discussing scientific foundations of mindfulness and research studies as they relate specifically to health care professionals' resiliency and to the care of persons with serious medical conditions

**Program Fees: \$1390**

***Room and Board costs are included\****

**\*Residency is required**



## Continuing Education

*You must pre-register for continuing education credits.*

### **Psychologists:**

The Department of Psychiatry at the University of Massachusetts Medical School is a co-sponsor of this program. Concerns related to the contents and quality of this program should be brought to the attention of the UMMS CE Director.

The Department of Psychiatry at the University of Massachusetts Medical School is approved by the American Psychological Association to sponsor continuing education for psychologists. The University of Massachusetts maintains responsibility for this program and its content. This program is being offered for 27.5 continuing education credits (CE) for psychologists. No partial credit will be given.

### **Disclosure**

It is the policy of the University of Massachusetts Medical School to ensure fair balance, independence, objectivity and scientific rigor in all activities. All faculty participating in CME activities sponsored by the University of Massachusetts Medical School are required to present evidence-based data, identify and reference off-label product use and disclose all relevant financial relationships with those supporting the activity or others whose products or services are discussed. Faculty disclosure will be provided in the activity materials.

### **Physicians:**

This activity has been planned and implemented in accordance with the Essentials Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of Massachusetts Medical School (UMMS and the Center for Mindfulness). The University of Massachusetts Medical School is accredited by the ACCME to provide continuing medical education for physicians.

The UMMS designates this continuing medical education activity for a maximum of 32 AMA PRA Category 1 credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### **Nurses:**

This offering meets the requirements for 38.4 contact hours for nurses as specified by the Massachusetts Board of Registration in nursing (244-CMR 5.04). Each nurse should claim only those hours of credit that he/she actually spent in the educational activity.

In accordance with the Standards of the Accreditation Council for Continuing Medical Education (ACCME) and the guidelines of the Association of American Medical Colleges (AAMC), it is the policy of the University of Massachusetts Medical School to disclose whatever interest or affiliation a speaker might have with any commercial organization whose products or services are related to the subject matter being presented.

Such disclosure will be made available on the day of the program.

### **Social Workers (National Association of Social Workers)**

Application has been made to the NASW for Category 1 continuing education hours. To obtain verification of approval, call the sponsor at (508) 856-1671.



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### **Licensed Mental Health Counselors**

#### **(Massachusetts Association of Mental Health Counselors)**

Application has been made to the MMCEP for approval as a continuing education activity. To obtain verification of approval, call the sponsor at (508) 856-1671.

### **Educators**

The University of Massachusetts Medical School Office of Continuing Education is an approved sponsor of professional development for educators. This offering carries a maximum of 32 Professional Development Points (PDP's).

### **Others**

Other professionals will be eligible for 32 continuing education hours from the University of Massachusetts Medical School.

## **Registration Information**

**Register with the Center for Meeting Suffering: Clarity and Calm in the Care of Serious Illness: A Residential Training and Retreat for Health Care Professionals**

- **Phone: 508-856-1097**
- **Fax: 508-856-1977**
- **Mail: Center for Mindfulness, UMass Medical School  
55 Lake Avenue North, Worcester, MA 01655-0267  
attn: Oasis: Meeting Suffering**
- **Email: [cfm.oasis@umassmed.edu](mailto:cfm.oasis@umassmed.edu)**

*Meeting Suffering: Clarity and Calm in the Care of Serious Illness Instructors:*

*Elana Rosenbaum, M.S., L.I.C.S.W., BCD*

*Susan Bauer-Wu, PhD, RN*

Associate Professor of Nursing, Emory University  
Georgia Cancer Coalition Distinguished Scholar