



# MINDFUL PRACTICE: OPTIMIZING YOUR INNER OPERATING SYSTEM IN A TECHNOLOGICAL WORLD

**MARCH 17, 2017**  
**PROVIDENCE, RHODE ISLAND**



## PROGRAM DESCRIPTION

In this workshop, Drs. Epstein and Krasner will explore how clinicians can practice more effectively in clinical environments that increasingly incorporate information technology into the patient-clinician relationship. The workshop will engage participants through didactic components, contemplative practices, and interpersonal dialogues, all aspects of Mindful Practice. Participants will explore together clinically relevant themes that challenge the practitioner-patient relationship, including how technology may affect the presence of the practitioner. Working with the qualities of beginner's mind, critical curiosity, attentive observation, and presence, participants will examine how states of attention and awareness impact not only relationship with patients, but also one's relationship with oneself.

## GOALS AND OBJECTIVES:

- Understand the relationship between health professional well-being, quality of care, and quality of caring
- Describe several practical exercises that health professionals can engage in on a regular basis that can enhance their relationship with technology while enriching patient-centered care
- Explore how the "default-mode network" in the brain can be modulated by awareness practices, and review other neuropsychological principles that relate to the quality of the practitioner-patient encounter

## CONFERENCE LOCATION:

### Providence Biltmore Hotel

11 Dorrance Street | Providence, RI, 02903 | 401.421.0700

**Parking:** Self parking: Not Available

**Valet:** \$29.00 (In/Out Privileges.)

## REGISTRATION FEE

\$100.00 All Professionals

Includes Workshop, breakfast, lunch

## CANCELLATION POLICY

Cancellations/substitutions must be made in writing to the Brown CME Office at least two weeks prior to the conference, no later than March 3, 2017. A \$25.00 administrative fee will be charged for all refunds (no refunds for "no shows"). There will be no additional charge for substitutions. This conference is subject to change or cancellation.



Please notify the Brown CME Office in writing at least two weeks prior to the conference to request reasonable accommodations.

## WORKSHOP SCHEDULE

8:30-9:00 AM	Welcome, The inner lives of health professionals Addressing burnout and quality of care Overview of Mindful Practice
9:00-10:15	Noticing: "You can observe a lot by just watching" Seven Minutes of Red Exercise Interpersonal dialogue: Meaningful Experience
10:15-10:30	Break
10:30-11:45	Uncertainty in Medicine, and Now, the Extra "Thing" in the Room   Insight Dialogue/Jazz and the Medical Encounter-Trusting Emergence Interpersonal Dialogue: Improvisation, EHR, Patient and Practitioner
11:45-12:00 PM	Wrap Up/Q&A
12:00-1:00	Lunch

## FACULTY:

### Ronald Epstein, MD

Professor of Family Medicine, Psychiatry, Oncology and Medicine  
University of Rochester School of Medicine and Dentistry  
Rochester, NY

### Michael Krasner, MD, FACP

Professor of Clinical Medicine, Co-director, Mindful Practice Programs | University of Rochester School of Medicine and Dentistry | Rochester, NY

## CME ACCREDITATION

The Warren Alpert Medical School of Brown University is accredited by the ACCME to provide continuing medical education for physicians.

**Physicians:** The Warren Alpert Medical School of Brown University designates this activity for a maximum of 3.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

**Physician Assistants & Nurse Practitioners:** Participants will receive a Certificate of Attendance stating this program is designated for 3.25 hours *AMA PRA Category 1 Credits*<sup>™</sup>. This credit is accepted by the AAPA and AANP.

## FOR MORE INFORMATION & TO REGISTER:

<http://tinyurl.com/MindfulnessPPC2017>

or Contact the CME Office: 401.863.3337 | [CME@Brown.edu](mailto:CME@Brown.edu)