


*Narrative Medicine Program, Advocate Aurora Health Presents:
Building Mindfulness & Resilience in a Changing World*

Save the Date

Saturday, October 16, 2021 @ 9:30am – 3:15pm

7th Annual Narrative Medicine Free Zoom Event

9:30AM – 9:45AM	Log In Meet & Greet						
9:45AM – 9:50AM	Welcome: David Thoele, MD and Marjorie Getz, PhD						
9:50AM – 9:55AM	Opening Meditation: Susan Cotter-Schaufele, MA, MT-BC, MT Clinician, Consultant & Educator						
9:55AM – 11:30AM	 <p>Michael (Mick) Krasner MD, FACP, a Professor of Clinical Medicine at the University of Rochester School of Medicine and Dentistry, co-directs the Mindful Practice (MP) Programs that have trained over 1500 physicians and other health professionals worldwide. A Mindfulness-Based Stress Reduction teacher for over 20 years, he helped create MP which includes Mindfulness, Narrative Medicine, and Appreciative Inquiry and has been demonstrated to help health professionals flourish in these challenging and uncertain times. Today's interactive presentation which will include a small group narrative exercise will focus participants on the dynamic of presence and how the cultivation of observational skills can help us to rediscover the meaning within the extraordinary and miraculous work of Medicine.</p>						
11:40AM – 12:50PM	<p>Lunch and Learn Panel: Moderated by Barbara Loeb, MD <i>What do stories, observation, curiosity, beginner's mind and presence have to do with professional flourishing and quality of care?</i></p> <table style="width: 100%;"> <tr> <td style="width: 50%;">Nicole Eull, PhD.</td> <td style="width: 50%;">Sam Ramos, MFA</td> </tr> <tr> <td>Joshua Hauser, MD</td> <td>Michael Krasner, MD</td> </tr> <tr> <td>David Thoele, MD</td> <td></td> </tr> </table>	Nicole Eull, PhD.	Sam Ramos, MFA	Joshua Hauser, MD	Michael Krasner, MD	David Thoele, MD	
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1:00PM – 2:50PM	<p>Breakout Sessions: Choose from Option A or B/C</p> <p>Option A 1:00PM - 2:50PM <i>3-Minute Mental Makeover Certification</i> – David Thoele, MD</p> <p>Option B (Choose 1) 1:00PM – 1:50PM <i>How Narrative Medicine Can Enhance Your Doctor Visit: Parent & Patient Perspective</i> – Lynne Schwartz & Haley Schwartz <i>A Roadmap for Resilience</i> – Sheri Reda, MA, MAR, MLIS <i>Using Poetry as a Reflective Reading Technique in Palliative Care</i> – Joshua Hauser, MD</p> <p>Option C (Choose 1) 2:00PM – 2:50PM <i>Yoga and writing : Finding the point of balance between movement and stillness, perfectionism and acceptance</i> – Ruby Roy, MD <i>Mindful Eating: Learn how to empower some happy, healthy changes without losing your mind</i> – Ramona Donovan, MS, RD, CCRC; Madelaine Schaufel, MS, RD; Carrie Shafer (Ek), RD, MBA</p>						
3:00PM – 3:10PM	Closing Meditation: Juliette Minkel, MS, Med / Licensed Professional Counselor						
3:10PM – 3:15PM	Farewell David Thoele, MD and Marjorie Getz, PhD						

In Partnership with:

AAH Site Physician & APC Clinician Well-being Team
ALGH Resilience Committee



We are  AdvocateAuroraHealth

Objectives: At the conclusion of this activity the participants should be able to:

1. Recognize improvement in their writing / documentation skills.
2. Identify ways HCP can promote communication during telemedicine.
3. Recognize the improvement in their patient interview
4. Identify the role that arts and humanities activities can play in patient care activities.
5. Identify avenues to pursue that can improve their creative or reflective writing, helping HCP build resilience, avoid burnout, and support families during the pandemic.

Format: Panel, Lecture, and Small Group Discussions.

Target Audience: Members of Narrative Medicine Committee, Family Medicine, Pediatrics, and Child Life; nurses; physicians; therapists, families of patients, and writers interested in learning more about the writing and narrative medicine at ACH-Park Ridge.

Disclosure: Acknowledgement of all disclosures for planners and speakers – nothing to disclose or the existence of relevant financial relationships – will be made at the activity. Conflicts of interest will be identified and resolved prior to the activity.

Commercial Support: There is no external financial support for this activity.

Accreditation Statement: Advocate Aurora Health is accredited by the Accreditation Council for Continuing Medical Education to provide Continuing Medical Education for physicians.

Credit Designation Statement: Advocate Aurora Health designates this live activity for a maximum of 4.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

For additional information, contact Turquoise Johnson at 708.684.4757 or Turquoise.Johnson@aah.org.

Registration Fee: This event is complimentary for all registered attendees. Please [click here](#) to register for this conference.