

**Course: Mindfulness Class for Medical Students Course Number: PSY 2016**

Department: Psychiatry

Faculty Coordinator: Preston Wiles, MD

Periods Offered: All as long as 6+ students sign up

Length: 2 weeks

Max # of Students: 12

First Day Contact: Preston Wiles, MD

First Contact Time: TBD

First Day Location: REMOTE Elective

Prerequisites: *(please include any required clerkships; students have elective time starting in the early clerkship phase)* none

I. Course Description: *(brief summary of the course)*

This course will introduce students to Mindfulness. During week one, the history of mindfulness in the West and the science of mindfulness and how to start and keep a practice will be reviewed. The focus for week two will be on the mindfulness of mind and emotion and on compassion, loving kindness, and resilience. Each week will consist of a zoom session to introduce the weekly topic and allow practice of activities. Students will choose a 30-minute mindfulness activity to complete each day as well as complete a daily 30-minute mindful movement activity. Students will complete 2 one-hour body practice sessions each week consisting of Yoga, Tai Chi or Chi Gong. There will be a 30-minute zoom session discussion of their experience practicing mindfulness at the end of each week, Friday 2 PM. There will also be assigned readings each week from the course textbook: ***The Mindful Twenty Something***. Life skills to handle stress... & Everything else by Holly Rogers, MD. Students will utilize apps such as Insight Timer, Calm, and Headspace. Students will prepare a written assignment due on the last Thursday of the course that will be a reflective piece on their experience in the course and how they can translate this into care of their patients.

Educational Program Objectives

**Patient Care:**

Students will demonstrate the ability to provide patient-centered care that is compassionate, appropriate, and effective for the treatment of health problems and the promotion of health as part of the interprofessional team.

**Related Course Objectives**

Students will learn about the practice of mindfulness and develop their own practice for self-care  
Students will also learn about self-compassion and resilience

**Assessment methods (examples below)**

Class participation/attendance in weekly zoom group discussions

Writing assignment in which they will be asked to reflect on their experience in the course and how they will translate it into patient care

**Knowledge for Practice:**

Students will demonstrate knowledge of established and evolving biomedical, clinical, epidemiological and social-behavioral sciences, as well as the application of this knowledge to patient care.

**Related Course Objectives:** Students will gain knowledge in regard to mindfulness and its practice through attending zoom sessions and completing assigned readings and apply this to developing their own practice of self care

**Assessment methods (examples below):** Class participation/attendance in weekly zoom group discussions. Written reflective assignment on how they will apply their experience to patient care

**Interpersonal and communication skills:**

Students will demonstrate interpersonal and communication skills that result in the effective exchange of information and collaboration with patients, families and health professionals.

**Related Course Objectives:**

Students will communicate effectively via chat, online meetings, written assignments, email.

**Assessment methods (examples below):**

Class participation/attendance in weekly zoom group discussions

**Personal and professional development:**

Students will adhere to professional standards and demonstrate the qualities required to sustain lifelong personal and professional growth.

**Related Course Objectives:**

Students will adhere to the professional guidelines for online sessions and zoom etiquette

**Assessment methods (examples below)**

Class participation/attendance in weekly zoom group discussions

**Critical thinking and Discovery:**

Students will be able to critically appraise literature, apply knowledge and engage in scholarly activity

**Related Course Objectives**

Students will read assigned readings on mindfulness and apply this information to create their own practice

**Assessment methods (examples below):**

Written reflective assignment at the end of the session to express their experience in the course and how they will incorporate this in patient care

**Health Care systems and society:**

Students will demonstrate an awareness of and responsiveness to the larger context and system of health care, as well as the ability to call effectively on other resources in the system to provide optimal health care.

**Related Course Objectives**

Students will address wellness in medicine by developing their own self-care plans that will enable them to share with patients in the future

**Assessment methods (examples below)**

Weekly group discussions and participation

III. Methods of Instruction: *Remote, describe how content will be delivered, synchronous, asynchronous, group work, in teams, what online resources will be used if any.* **Zoom sessions will be used for**

**teaching sessions as well as for discussion groups with other students in the course and the facilitator. They will utilize free apps and outside readings to assist with self study.**

IV. Overview of student responsibilities: (*attendance, participation in online sessions, completion of a project/problem set*). **Students will attend all zoom sessions. They will participate in self study utilizing reading and apps to practice daily mindfulness activities. They will complete a reflective paper at the end of the course.**

IV. Method of evaluation of students and requirements: Evaluation based on assessment methods listed above, grade is Pass/Fail  
(*in addition to attendance which can be monitored, and participation, consider requirement of a team project, QRA, presentation to peers*)

**Attendance will be taken at zoom sessions and participation will be monitored. A written reflective piece will be turned in at the end of the course**