

Tending the Flame Retreat Workshop

A 2.5 day retreat workshop in personal and professional resilience for physicians, nurses, graduate program learners and healthcare paraprofessionals.

Are you seeking reflection and renewal in your professional and personal life? If so, please join us for an incredibly enriching experience! This 2.5 day retreat workshop will draw on the award-winning discovery model methods of the Remen Institute for the Study of Health and Illness (RISHI), offering nourishment and self-care for healthcare professionals. In community, we will explore the meaning of our work and create opportunities for healing in this challenging time in healthcare.

About the Course

The fast growing epidemic of compassion fatigue during the professional life cycle of physicians and nurses has stimulated the search for etiology and the development of new approaches of prevention and recovery. Recent research suggests that the capacity to find personal meaning in your work is highly correlated with professional and personal resiliency and the experience of deep satisfaction in service work. Most clinicians and healthcare workers live far more meaningful lives than they realize. Experiencing the meaning already present in our daily work does not require us to change what we do but to see familiar things in new ways. Often it requires us to transcend our training and bring the perspective of the heart into the center of our professional work. Meaning is a function of the heart and not the mind. The heart is an organ of vision, a perspective that enables us to experience meaning even in the most routine aspects of our work and reignite our calling.

- Awaken the experience of respite, quiet and peace.
- Explore using reflection, experiential exercises, symbolism, narrative, journaling, generous listening, and small group sharing.
- Enhance compassion and resiliency using self-care tools.
- Experience the compassionate support of a professional community.



About the Retreat Workshop

Using reflection, poetry, symbolism, narrative, art, journaling, generous listening, and small group sharing we will enable retreat workshop participants to revisit their original calling, discover the personal meaning hidden in their daily routine and learn self-help methods to reclaim and sustain their passion for their profession. Come prepared to remember why you chose your work and recover the deep satisfaction of being a health professional.

RISHI's Tending The Flame retreat workshop enables participants to develop an authentic and supportive professional community, take personal ownership of the meaning and values which are inherent in the lineage and practice of each health profession, refresh their calling and service intention and learn effective self-care tools to enhance resiliency in their professional and personal lives.

Who Should Apply?

- Residency directors or other medical educators in search of well-tested innovative self-care methods for furthering professional and personal resiliency.
- Educators spearheading Physician and/or Nurse Well-Being Programs, or Well-Being Committees in hospitals, hospital systems, physician group practices, or other healthcare organizations and educators in Veterinarian Well-Being Programs or Committees in veterinary health systems.
- Residents or Fellows involved in Resident or Fellow Well-Being Programs or Clinician Well-Being Committees.
- Clinicians and healthcare workers looking for a retreat experience in community to bolster resiliency and well-being.

Date: May 5-7, 2023 (Friday and Saturday, 9:30 am-5:30 pm, and Sunday, 9:30 am-12:30 pm)

Location: The Mills Park Hotel, 321 Xenia Ave., Yellow Springs, OH 45387

Cost: Clinicians (Physicians, Nurses, and others): \$1,350

Graduate Program Learners and Healthcare Paraprofessionals: \$600

Cost includes handouts, breakfast and lunch daily (does not include lodging and evening meals).

Retreat Applications

Submit your application online before April 1, 2023. All applications will be reviewed. We will let you know of acceptance to the retreat workshop within two weeks of submitting your application.

Tending the Flame Retreat Workshop Application

Faculty Bios:

Rachel Naomi Remen, MD

Founding Director of the Remen Institute for the Study of Health and Illness (RISHI) at Pure Healthcare; Professor of Family Medicine at Wright State University Boonshoft School of Medicine and University of California at San Francisco School of Medicine; Founding Director of The Healer's Art, a national curriculum for medical students; *New York Times* bestselling author of "Kitchen Table Wisdom" and "My Grandfather's Blessings."

Please Note: Dr. Remen will be present for the retreat workshop through video conferencing.

Evangeline C. Andarsio, MD, Director of RISHI at Pure Healthcare; Clinical Professor, Medical Education and Obstetrics & Gynecology at Wright State University Boonshoft School of Medicine; Director of the National Healer's Art curriculum for medical students and the Healer's Art Curriculum at Wright State University.

Alyssa McManamon, MD, FACP, Assistant Director of the Tending the Flame curriculum for physicians and residents, Associate Professor, Internal Medicine & Neurology at Wright State University Boonshoft School of Medicine.

Visit: rishiprograms.org

Questions?

If you have any questions, please don't hesitate to contact us. We hope you can join us!

Evangeline Andarsio, MD, Director of RISHI at Pure Healthcare **email:** EAndarsio@purehealthcare.org **phone:** [326.222.4595](tel:326.222.4595)



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DISCLOSURE POLICY: The Remen Institute for the Study of Health and Illness at Pure Healthcare has implemented a process where everyone in a position to influence the content of the educational activity must disclose to learners any relevant financial relationship. Having an interest or affiliation with a corporate organization does not necessarily prevent the speaker from participating in the proposed CME activity. It is a policy of the CME Committee to resolve any conflicts of interest prior to the presentation.

DISCLOSURE INFORMATION: The speakers, presenters and planning committee members for this educational activity disclose no relevant financial relationship with commercial interests.

CME CATEGORY 1 APPROVAL: "This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Education (ACCME)

through the joint providership of Wright State University (WSU) and Pure Healthcare. WSU is accredited by the ACCME to provide continuing medical education for physicians."

WSU designates this Live Activity for a maximum of 14.75 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

BRN CE APPROVAL: Provider approved by the California Board of Registered Nursing, Provider Number CEP 10064, for 14.75 Contact Hours

California BRN continuing education credits are accepted by most state nursing boards; please verify with your state agency if you are outside of California