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412.648.8714

# The Healer's Art: Awakening the Heart of Medicine Mini-Elective Spring 2009

<u>Course Dates:</u>	February 11, 18, 25, April 1, 15 Wednesdays, 5:00-8:00 PM
<u>Maximum Students:</u>	20
<u>Class Year:</u>	MS1
<u>Course Directors:</u>	Judith Balk, MD Chiara Ghetti, MD
<u>Contact Information:</u>	Judith Balk, MD 412-641-1403 <a href="mailto:jbalk@mail.magee.edu">jbalk@mail.magee.edu</a> Chiara Ghetti, MD 412-641-1440 <a href="mailto:cghetti@mail.magee.edu">cghetti@mail.magee.edu</a>
<u>Registration:</u>	Betsy Nero, Office of Medical Education <a href="mailto:betsy@medschool.pitt.edu">betsy@medschool.pitt.edu</a>

## Description:

The Healer's Art addresses the hidden crisis in medicine, the growing loss of meaning and commitment experience by physicians nationwide under the stresses of today's health care system. The Healer's Art is a process-based curriculum that enables the formation of a community of inquiry between students and faculty. It takes a highly innovative, interactive, contemplative and didactic approach to enabling students to perceive the personal and universal meaning in their daily experience of medicine.

The course consists of five three-hour evening sessions spaced roughly two weeks apart, each divided into large-group presentations, and small-group discussions and exercises.

## Objectives:

The Healer's Art course will encourage students to:

- Identify, strengthen and cultivate the human dimensions of the practice of medicine
- Recognize the commonality of personal concerns among their peers and gain support for personal development from peers and faculty.
- Accept the universality of loss and pain.
- Recognize grief as a self-care strategy for physicians, and identify strategies and tools of grieving.
- Trust the power of listening and presence to heal others.

## Requirements:

- Participate in all 5 course sessions.
- Because of the experiential and process nature of this course, students are required to attend all sessions.
- A supplemental text is recommended but there are no required readings or out of class assignments.

## Course Outline

### The Healer's Art

#### Course Directors:

Judith Balk, MD  
412-641-1403  
jbalk@mail.magee.edu

Chiara Ghetti, MD  
412-641-1440  
cghetti@mail.magee.edu

#### Student Advisors:

Gail R. Joseph, MS2  
718-930-6655  
joseph.gail@medstudent.pitt.edu

Tiffany Behringer, MS2  
412-298-9687  
Behringer.tiffany@medstudent.pitt.edu

Tara Miller, M2  
404-610-8272  
Miller.tara@medstudent.pitt.edu

#### Faculty:

TBA

#### Course Objectives:

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- Trust the power of listening and presence to heal others

#### Location:

All sessions  
WPIC, Rooms 292, 293, 294, 295

Session	Date	Topic
One	February 11, 2009	Discovering and Nurturing Your Wholeness
Two	February 18, 2009	Honoring Loss
Three	February 25, 2009	Sharing Grief: The Healing of Loss
Four	April 1, 2009	Beyond Analysis: Allowing Awe in Medicine
Five	April 15, 2009	The Care of the Soul

#### Recommended Texts:

Remen, Rachel Naomi, MD. Kitchen table wisdom: stories that heal. Riverhead books: New York, NY 1996.

Supplemental materials will be provided for class by the instructor or on-line.