



University  
of  
Pittsburgh  
  
School  
of  
Medicine

# The Healer's Art: Awakening the Heart of Medicine Mini-Elective Spring 2010

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|-----------------------------|--|
| <u>Course Dates:</u>        | January 4, February 1, 8, March 1, 8<br>Mondays, 3:00-6:00 PM  |
| <u>Maximum Students:</u>    | 20   |
| <u>Class Year:</u>          | MS1 and MS2  |
| <u>Course Directors:</u>    | Judith Balk, MD<br>Chiara Ghetti, MD   |
| <u>Contact Information:</u> | Judith Balk, MD<br>412-641-1403<br>jbalk@mail.magee.edu<br>Chiara Ghetti, MD<br>412-641-1440<br>cghetti@mail.magee.edu |
| <u>Registration:</u>        | Betsy Nero, Office of Medical Education<br>betsy@medschool.pitt.edu  |

## 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.

Office  
of  
Medical  
Education

[www.omed.pitt.edu](http://www.omed.pitt.edu)

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## Course Outline

### The Healer's Art

#### Course Directors:

Judith Balk, MD  
412-641-1403  
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Chiara Ghetti, MD  
412-641-1440  
cghetti@mail.magee.edu

#### Student Advisors:

TBA

#### Faculty:

TBA

#### Course Objectives:

- 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
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- Trust the power of listening and presence to heal others

#### Location:

All sessions

Scaife Hall Conference Center (11th Floor)

January 4, February 1, March 1 and March 8—Rooms 1103, 1105A, 1105B, 1105C

February 8—Rooms 1104, 1105A, 1105B, 1105C

| Session | Date             | Topic                                     |
|---------|------------------|---|
| One     | January 4, 2010  | Discovering and Nurturing Your Wholeness  |
| Two     | February 1, 2010 | Honoring Loss                             |
| Three   | February 8, 2010 | Sharing Grief: The Healing of Loss        |
| Four    | March 1, 2010    | Beyond Analysis: Allowing Awe in Medicine |
| Five    | March 8, 2010    | 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.