



**Save the Date: May 13-14, 2011**

## Mindfulness in Clinical Practice

A Workshop and Retreat to be offered by Dr. Patricia Dobkin, Associate Professor, Department of Medicine, McGill University.

The workshop and retreat are sponsored by the Association for Spirituality and Mental Health, ROHCG Spiritual and Religious Care, ROHCG Psychology and the Ottawa Mindfulness Clinic.

**Workshop Date: May 13, 2011, ROMHC Auditorium (max 50 participants)**

**Retreat Date: May 14, 2011, ROMHC, Room 1424 (max 25 participants)**

**In addition, Dr. Dobkin will give a public research lecture on Thursday, May 12th, on the subject "Fostering Wellness in Health Care Professionals: Results from the McGill Mindful Medical Practice Program." The lecture is sponsored by the University of Ottawa Institute of Mental Health Research.**

The May 13 workshop will focus on mindfulness in the health care setting, particularly as it concerns patient care. Participants will increase their awareness of the application of mindfulness in the work setting, learn how a personal practice of mindfulness can help one effectively deal with stress, and gain insight into how mindfulness can assist professionals in being present to themselves and their patients as a means of fostering healing.

The May 14 retreat will be open to individuals who participate in the workshop and/or have had previous meditation experience, broadly defined (e.g., vipassana, yoga, zen, zazen, TM, etc.) The retreat will introduce various means of meditation and be experiential in nature.

**Cost for the May 13, workshop: \$150 (limit of 50 participants)**

**Cost for the May 14 retreat: \$75 (limit of 25 participants)**

**Cost for the combined workshop and retreat: \$200**

Bio: Dr. Patricia Dobkin is an Associate Professor in the Faculty of Medicine and has been a faculty member in the Department of Medicine at McGill University for the past 17 years. She is affiliated with McGill Programs in Whole Person Care and she teaches undergraduate and medical students out of the Departments of Social Studies in Medicine and Psychology. Dr. Dobkin has published approximately 100 works (articles and book chapters) in medical and psychological journals and has presented her work internationally in various conference venues. Her specialty is Mind-Body Medicine. Dr. Dobkin's work with the McGill Programs in Whole Person Care involves providing Mindfulness-Based Stress Reduction programs for patients with chronic illness and health professionals serving them.



**For More information contact MC Morley at extension 6535 or at [marieconstance.morley@rohcg.on.ca](mailto:marieconstance.morley@rohcg.on.ca)**