



**Oregon Healthcare  
Workforce Institute  
(OHWI @ Pacific)**

**Wednesdays**

**2/09/22 –**

**3/30/22**

**12:30 – 1:30 p.m.**

Registration Required

[ONLINE  
REGISTRATION  
\(CLICK HERE\)](#)

Contacts:

**Chad Johnson –  
OHWI @ Pacific  
[chadj@pacificu.edu](mailto:chadj@pacificu.edu)**

**Brant Rogers –  
THP Instructor  
Yoga Hillsboro  
[Brant@yogahillsboro.com](mailto:Brant@yogahillsboro.com)**

# Toward a Healing Presence

## Mindfulness-based Stress Reduction (MBSR) and Resilience Training Program

◆ Eight Weeks ◆ Online ◆

Health care is inherently compassionate, and yet the very sense of connection with patients that can make us effective caregivers can lead to feelings of stress and burnout; which then undermines our ability to be compassionate. – Lief Haas, MD

OHWI @ Pacific is providing FREE access to this online MBSR training for Pacific University's health profession students, staff, and faculty.

Mindfulness is the process of bringing one's attention to what is being experienced in the present moment. Mindfulness-based interventions (MBI) have been shown to have a positive impact on stress, anxiety and general well-being in health profession students.<sup>1,2</sup>

Health Profession students are vulnerable to high levels of stress during their education navigating high academic and clinical workloads, include exposure to patient suffering. These experiences can lead to burnout and early departure from the profession. Burnout is characterized by high emotional exhaustion, high depersonalization, and a diminished sense of personal accomplishment.<sup>3</sup>

MBIs contribute to significantly reducing emotional exhaustion, depersonalization, and increase the sense of personal accomplishment.<sup>2,3</sup> The Toward a Healing Presence program (THP) will help students to adopt mindfulness-based skills and other coping mechanisms that will increase their capacity to navigate the more stressful aspects of academic and clinical practice. Additionally, THP orients skill development towards having a positive effect on the provider-patient relationship, a vital component of patients' health outcomes.

1. Asuero, A.M.; Queraltó, J.M.; Pujol-Ribera, E.; Berenguera, A.; Rodriguez-Blanco, T.; Epstein, R.M. Effectiveness of a Mindfulness Education Program in Primary Health Care Professionals: A Pragmatic Controlled Trial. *J. Contin. Educ. Health Prof.* **2014**, *34*, 4–12.  
2. Fortney, L.; Luchterhand, C.; Zakletskaia, L.; Zgierska, A.; Rakel, D. Abbreviated Mindfulness Intervention for Job Satisfaction, Quality of Life, and Compassion in Primary Care Clinicians: A Pilot Study. *Ann. Fam. Med.* **2013**, *11*, 412–420.  
3. Maslach, C.; Jackson, S.; Leiter, M. *Maslach Burnout Inventory Manual*, 3rd ed.; Consulting Psychologists Press: Palo Alto, CA, USA, 1996  
Amutio-Kareaga, A.; García-Campayo, J.; Delgado, L.; Hermosilla, D.; Martínez-Taboada, C. Improving Communication between Physicians and Their Patients through Mindfulness and Compassion-Based Strategies: A Narrative Review. *J. Clin. Med.* **2017**, *6*, 33