



BRINGING OUR CORE VALUES MINDFULLY TO OUR PROFESSIONAL AND PERSONAL LIVES

A mindfulness retreat for veterinarians, veterinary technicians/technologists, staff, and veterinary students.

Thursday, October 26, 2023 – Sunday, October 29, 2023

Loyola University Chicago Retreat and Ecology Center, Woodstock, Illinois

COURSE DESCRIPTION

The VIN Foundation is inviting interested members of the veterinary profession the opportunity to take time and participate in a weekend of didactics and dialogues with the aim of helping us return to our professional and personal lives with a greater sense of meaning and gratitude. The didactics will be a combination of group participation and speaker presentation.

To benefit from the weekend, participants should commit to attending all activities, including didactics, group discussions, yoga, art and meditation sessions. While formal meditation training is not a requirement, the ability to maintain a quiet posture for approximately 30 minutes several times daily will be helpful. There will be ample opportunities for private time, so that participants can enjoy **Loyola University's Retreat and Ecology Center's beautiful facilities** and grounds.

COURSE AGENDA

Thursday, October 26, 2023

1 PM: Check-In/Enjoy The Beautiful Loyola University's Retreat & Ecology Center Facility

5 PM: Welcome/Introductions/Michele Gaspar

6 PM: Dinner

7:30- 8 PM: Meditation

Friday, October 27, 2023

7:30 AM: Yoga With Gwen Jeun, DVM

8 AM: Breakfast

9-10 AM:

LECTURE 1: Bringing Mindfulness “Bedside” and “Cageside”

PRESENTER: Mason Hedberg, MD

CE CREDITS: 1

Many mindfulness practitioners have little difficulty bringing mindfulness to daily activities that are not stressful. However, patient presentations, especially emergent ones, and emotionally charged client interactions often prevent us from using mindfulness in these encounters. In this lecture, using vignettes, participants will learn skills to bring mindfulness truly into the "here and now."

LEARNING OBJECTIVES:

- Understand how mindful attention can benefit patients and clients
- Develop skills for mindfully interacting with anxious, distressed and angry clients

10-11 AM:

LECTURE 2: Mindfulness As Standard Of Care?

PRESENTER: Mason Hedberg, MD

CE CREDITS: 1

Mindfulness has been shown to increase health providers' empathy and improve patient/client adherence to treatment. Mindful health care providers often report improved patient outcomes, in large measure due to their engagement with those who seek care. How can mindfulness be brought to encounters with patients, clients, colleagues and support staff to enhance care? In this lecture we will consider a new way of understanding "standard of care" and how being present is an integral part of patient and client care.

LEARNING OBJECTIVES:

- Understand how mindfulness increases client engagement and benefits patient
- Be able to utilize mindfulness in interactions with support staff and colleagues

11 AM- 12PM:

LECTURE 3: Utilizing Mindfulness In Critical and Chronic Medical Situations

PRESENTER: Mason Hedberg, MD

CE CREDITS: 1

Mason Hedberg is a gastroenterology surgeon with the NorthShore University HealthCare system in Chicago and a long-time practitioner of mindfulness. A graduate of the Warren Alpert School of Medicine at Brown University, he completed his general surgery residency at the University of Chicago. Dr. Hedberg has conducted extensive research on the utility and benefits of mindfulness to both physicians and patients and currently is investigating the use of mindfulness practice to ameliorate patients' pre-surgical anxiety and enhance post-operative recovery.

LEARNING OBJECTIVES:

- Understand how mindfulness can be used in acute, critical medical situations to diffuse high-intensity emotions and provide focused care for all team members
- Develop skills to bring mindfulness to chronic, ongoing patient and client interactions

Noon- 1 PM: Lunch

1-2 PM: Free Time

2-2:30 PM: Meditation

3-5 PM: Discussion of Morning Lectures

6 PM: Dinner

7-8 PM: Meditation

Saturday, October 28, 2023

7:30 AM: Yoga with Gwen Jeun, DVM

8 AM: Breakfast

9-10 AM: Free Time

10 AM- 12 PM:

LECTURE 4: Developing Wise Compassion

PRESENTER: Michele Gaspar, DVM, MA, LCPC

CE CREDITS: 2

Compassion is considered by many veterinarians to be central to their identities. Compassion, which is the desire for another to be whole and well, is often confused with empathy. This confusion can lead to stress and burnout and exacerbate anxiety and depression. In this presentation, we will discuss ways in which compassion can be “wise” and “unwise” and develop the mindfulness needed to ascertain “in the moment” which type of compassion we are using in clinical and personal encounters with others. Michele Gaspar is a veterinarian and mindfulness practitioner who facilitates the annual Mindfulness Meditation course on the Veterinary Information Network (VIN).

LEARNING OBJECTIVES:

- Be able to distinguish : Pity, sympathy, compassion and empathy
- Understand how compassion can be “wise” and “unwise”
- Develop tools to enhance wise compassion in clinical and personal encounters

12-1 PM: Lunch

1-3 PM: Mindful Art Practice with Jane Charbonneau, DVM

3-5 PM:

LECTURE 5: A Little Mindful Caregiving In An Ancient Story

PRESENTER: Rabbi Michael Oblath, PhD

CE CREDITS: 2

Rabbi Michael Oblath is a retired Reform Rabbi from Anchorage, Alaska, and a long-time participant in our mindfulness retreats. He will present what he describes as the “difficult” story of Yiftach in Judges 11 and facilitate a discussion on how that story can inform us as caregivers and health care providers.

LEARNING OBJECTIVES:

- Understand how mindfulness can help us maintain attention to our most important values as leaders and caregivers
- Become familiar with the story of Yiftach and be able to apply the narrative to present day patient/client encounters
- Develop tools to enhance wise compassion in clinical and personal encounters

5-6 PM: Free Time

6 PM: Dinner

7-8 PM: Discussion

8:30-9 PM: Meditation

Sunday, October 29, 2023

7:30 AM: Yoga With Gwen Jeun, DVM

8 AM: Breakfast

9-10 AM: Meditation

10 AM- 12 PM: Discussion/Wrapping Up

12 PM: Check Out. Safe Travels Home! See You Next Year!

