These are the duties of a physician:
First . . . to heal his mind and to give help to himself before giving it to anyone else.

- Epitaph of an Athenian doctor, 2 AD
What is called for now?
Mindfulness Journal Publications by Year, 1980-2016

American Mindfulness Research Association, 2017
Source: goAMRA.org
The faculty of voluntarily bringing back a wandering attention, over and over again, is the very root of judgment, character, and will. No one is compos sui if he have it not. An education which should improve this faculty would be the education par excellence.

- William James
ZEN MIND, BEGINNER'S MIND

by SHUNRYU SUZUKI
First Master of Zen Center, San Francisco and Carmel Valley

edited by Trudy Dixon
with a preface by Huston Smith
and an introduction by Richard Baker

WEATHERHILL
New York & Tokyo
Emotional Intelligence

• Self-awareness
• Self-management
• Social awareness
• Relationship management
Follow Object of Attention

Get Distracted

Regain Attention
MINDFUL AWARENESS

ATTENTION

INTENTION

ATTITUDE

Non-judgment, kindness, curiosity

Present moment

On purpose, dynamic, evolving
MINDFUL PRACTICE

QUALITY OF CARING
Empathy
Compassion
Responsiveness

QUALITY OF CARE
Safe, timely, accessible, effective, patient-centered

CLINICIAN RESILIENCE
Improved mood
Lower burnout

Adapted from R. Epstein, MD
What am I not seeing?
What am I not hearing?
What am I avoiding feeling?

What in my own conditioning is preventing me from perceiving the experience as it is?