



THE HEALER'S ART

Spring 2019

The Healer's Art is a course for MS1 students that offers a safe learning environment for a personal, in-depth exploration of the time-honored values of service, the healing relationship, reverence for life, and compassionate care. A certificate is awarded upon completion; this course does not offer credits.

Held on Monday evenings from 5:30 to 8:30 p.m., the spring 2019 course will be conducted on each of the following dates:

January 14

January 28

February 4

February 11

February 25

Themes will be discussed in brief didactic sessions integrated with guided exercises and small group sessions that emphasize confidentiality, trust, and generous listening. There is no homework and no exam. The goal is to encourage students and faculty to trust the power of listening and to recognize that who we are is as important to our healing relationships as what we know. The program focuses on clarifying, strengthening, and making a personal commitment to medicine as our life's work.

The Healer's Art was developed by Rachel Naomi Remen, MD, in 1992 and is currently taught at 88 medical schools throughout the world; nearly 15,000 students have taken the course. Please join us and the estimated 2,000 others who will be exploring the art of healing this coming year.

To reserve a spot, email Lisa.Martin@hofstra.edu.



For more information about the Healer's Art course, visit: rishiprograms.org/educational-programs



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REFLECTIONS OF HEALER'S ART STUDENTS

From recent Zucker School of Medicine student participants

HEALER'S ART ...

Allowed a level of vulnerability that was possible only because of the time and space that the course provided.

Allowed a space for us to express ourselves, our beliefs, and our experiences.

Provided a space to discuss some topics that are considered "taboo."

I LEARNED THAT ...

I need to take time for what I love and myself. My classmates have a wealth of knowledge and experience beyond what I realized before. Having vulnerabilities can make you stronger and a better physician.

My own experiences and personality will dictate many of my most empathetically challenging patient interactions, and that's OK.

Others don't see me the way I see myself.

We have vulnerabilities, but those enable us to develop greater strengths in order to help and heal others.

It is OK to be silent or quiet; in fact, it is sometimes what patients appreciate most.

I can be both a good doctor and myself.

Every single person around me has different hopes, fears, dreams, insecurities, vulnerabilities, passions, and wishes. Yet they are all very similar.

I must and can listen openly and generously, without imposing any of my own feelings, attitudes, or past knowledge on anyone. Everyone's experience is valid.

I must remember that there is always a story. People are a lot more than what they present.

I can do this. Others share similar fears and joys and expectations. Medicine is really a relationship.

I can actually be the physician that I desire to be.

Having a tender heart is not a weakness. It is a strength.

I can be a healer of the whole person – mind, body, soul – if I so desire.

My past experiences will make me a stronger physician. My classmates are insightful and empathetic. I can belong in medicine.