



## Wellness in the Health Care Workforce

December 10, 2013 3:00 p.m. Eastern

**Rachel Naomi Remen**, University of California San Francisco School of Medicine, and  
The Institute for the Study of Health and Illness at Commonweal

**Michael Lerner**, Commonweal, and The Jenifer Altman Foundation



# HEALER'S ART

*Because medicine is an act of love.*

# THE HEALER'S ART – INSPIRING STUDENTS NATIONWIDE AND ABROAD

CURRENTLY ACTIVE IN THESE COUNTRIES



United States



Australia



Canada



Israel



Slovenia



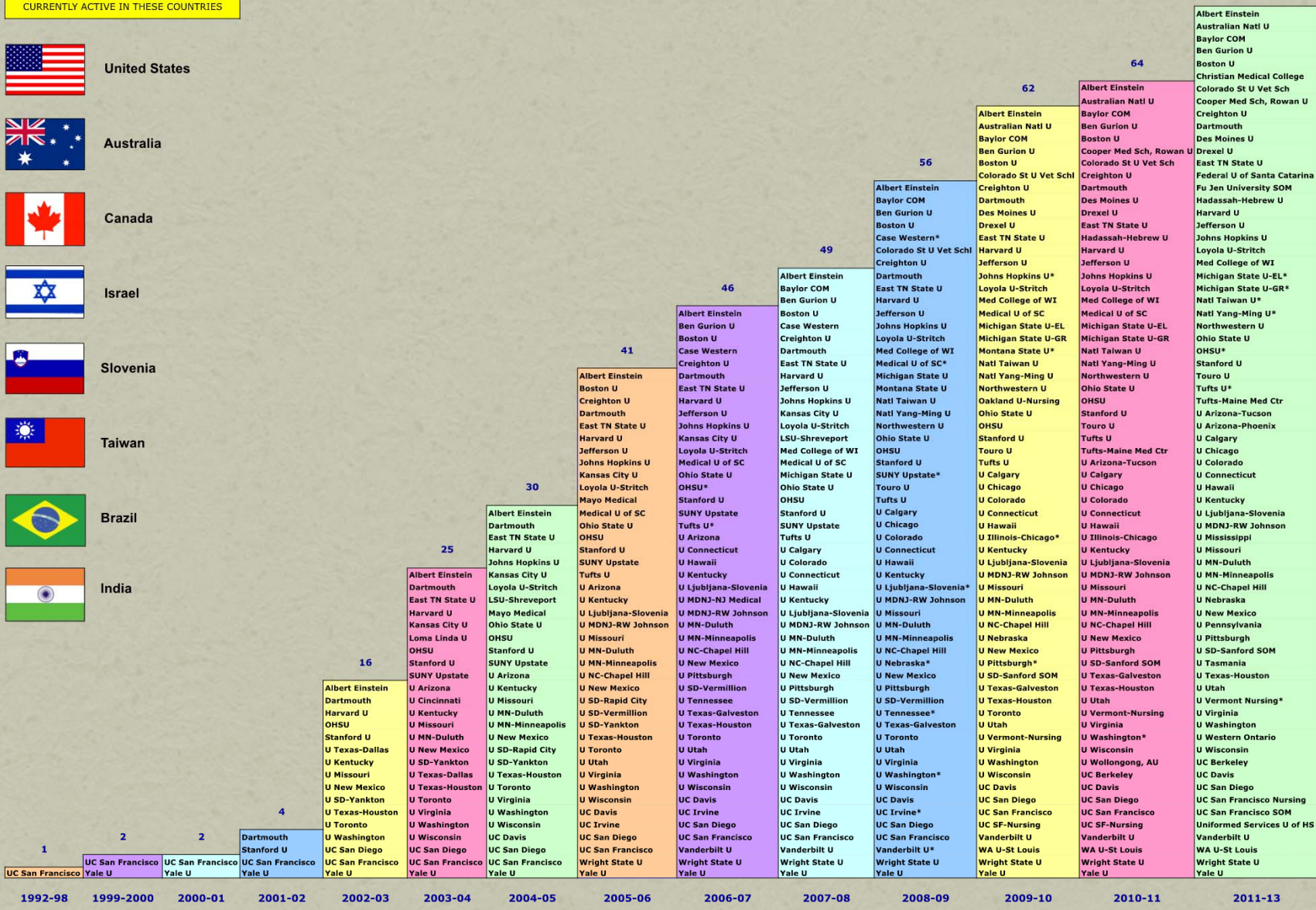
Taiwan



Brazil



India



Medical Schools offering The Healer's Art, by Academic Year

\*Sabbatical Year



# Research Articles About Healer's Art Course

- (1) Remen R, Rabow M. The Healer's Art: Professionalism, Service and Mission. *Med Educ.* 2005;39:1172.
- (2) Rabow MW, Remen RN. The Healer's Art: An Innovation in Professionalism Education. [Abstract]. *J Gen Intern Med.* 2006;21,S1:186.
- (3) Rabow M, Wrubel J, Remen RN. The Formation of Authentic Community as an Educational Strategy for Professional Development and Identity. [Abstract]. *J Gen Intern Med.* 2006;21,S1:143.
- (4) Rabow M, Wrubel J, Remen R. Authentic Community As An Educational Strategy In Professionalism: A National Evaluation Of The Healer's Art Curriculum. *J Gen Intern Med.* 2007;221:1422-8.
- (6) Remen RN, O'Donnell J, Rabow MW. The Healer's Art: Education in Meaning and Service. *J Cancer Educ.* 2008; 23:65-67.
- (7) Rabow M, Wrubel J, Remen R. The Promise of Professionalism: Mission Statements Among a National Cohort of Healer's Art Medical Students. *Ann Fam Med.* 2009;7:336-342.
- (8) Rabow MW, Remen RN, Parmelee DX, Inui TS. Professional Formation: Extending Medicine's Lineage of Service into the Next Century. *Acad Med.* 2010;85:310-317.
- (9) Rabow MW, Evans C, Remen RN. Professional Deformation: Student's Perceptions of Repression of Personal Values and Qualities in Medical Education. [Abstract]. *Teach Learn Med.* 2012;24:91.
- (10) Rabow MW, Evans C, Remen RN. Professional Formation and Deformation: Repression of Personal Values and Qualities in Medical Education. *Fam Med.* 2013;45:13-18.
- (11) Rabow MW, Newman M, Remen RN. What Faculty Learn: The Impact on Faculty Facilitators of Teaching "The Healer's Art." *Teach Learn Med.* (In Press 2013)

- **Articles under Peer Review or in Revision**

Haesler E, Anderson K, Thomson J, Rabow M. The Healer's Art: Awakening the Heart in Medicine: Cultural relevance in the Australian setting. *Focus on Health Professional Education.* Submitted for review.

# Articles About Healer's Art in Medical Literature

Tucker, C, Remen, R. "Medical Education: Teaching the Heart of Medicine." San Francisco Medicine: The Journal of the San Francisco Medical Society. 2005;78(7).

Kelly, K., Remen, R. "The Art of Healing: Q & A with Rachel Naomi Remen, MD." San Francisco Medicine Magazine. 2006;79(8):20-21.

Remen, R, Gazella, K.A. & Snyder, S., Eds. "Conversations: Recovering the Soul of Medicine." Alternative Therapies. 2006;12(3):88-93.

Marchand, L. "The Healer's Art: Nurturing Service to the Community in Medical Education." NAO News. National Area Health Education Centers (AHEC) 2006;7(2).

Rabow M., Remen R., "Staying Soulful: The Healer's Art: Sharing Grief & Honoring Loss." American Academy of Hospice and Palliative Medicine (AAHPM) Bulletin. 2007;8(3).

O'Donnell JF, Rabow MR, Remen RN. "The Healer's Art: Awakening the Heart of Medicine." *Med Encounter*. 2007;1:7-11.

Pearson, J., "Teaching the Art of Healing." Minnesota Medicine. 2009; (April):38-39.

The New York Times

## Opinionator

290 Reader Comments on  
NY Times Site

September 18, 2013, 10:45 am

### Medicine's Search for Meaning

By [DAVID BORNSTEIN](#)

Every day, we are reminded that the health care system is in crisis. We are going bankrupt. There are too many lawsuits. We practice defensive medicine. We restrict access. But surveys of doctors indicate a problem that penetrates much deeper than this. Today, almost 50 percent of doctors [report symptoms of burnout](#) — emotional exhaustion, low sense of accomplishment, detachment.

Medicine is facing a crisis, but it's not just about money; it's about meaning.

We often think of medicine as a science, and many doctors do come to think of themselves as technicians. But healing involves far more than knowledge and skill. The process by which a doctor helps a patient accept, recover from, adapt to, or endure a serious illness is full of nuance and mystery. I was often moved by how much my father-in-law — an actor who died from a form of leukemia — drew comfort and even inspiration from the relationship he had with his hematologist (who requested a Shakespeare recitation at each visit). [Read More](#)



The New York Times

# Opinionator

540 Reader Comments on  
NY Times Site

October 2, 2013, 10:00 am

## Who Will Heal the Doctors?

By [DAVID BORNSTEIN](#)

In my previous [column](#), I reported on the problem of widespread burnout among doctors and medical students — and I described a response that, in recent years, has spread to half the nation’s medical schools: a course called [The Healer’s Art](#), created by a physician, Rachel Naomi Remen, to help doctors and students discover and reconnect to the deep meaning of their work and maintain their commitment for it. The article touched a sore spot. Hundreds of readers — patients, medical students, doctors and spouses and children of doctors among them — contributed comments describing their personal experiences, many of them raw with emotion. Some of the most poignant notes came from doctors themselves, and their words revealed a deep sense of betrayal.

“I am a primary care doctor who started idealistic, and am disillusioned and dejected,” wrote [one reader from New York City](#): “By far, the biggest barrier to being a compassionate healer in our current working environment is time. We simply don’t have the time we need to do our jobs well. And we all lose.”

[Read More](#)



**MISSION STATEMENT**  
FIRST YEAR MEDICAL STUDENT UCSF

May you find in me  
The mother of the world.  
May my hands be a mother's hands,  
My heart be a mother's heart.  
May my response to your suffering  
Be a mother's response to your suffering.  
May I sit with you in the dark  
As a mother sits in the dark.  
May you know through our relationship,  
That there is something in this world that can be trusted.





## Questions?

Please type your question into the Chat Box or press \*6 to unmute your phone line and ask a question