OVERALL EDUCATIONAL GOAL:

1) To critically analyze and discuss the scientific literature on mindfulness and MAP training in medicine
2) To learn the attentional and self-regulatory skill of mindfulness through regular, formal meditation practice
3) To explore how mindfulness might be applied as medicine, both as an intervention and in the context of the patient-doctor relationship
4) To act as a Wellness program for the students involved and assess the benefits of MAP training as a mindfulness intervention

OBJECTIVES

I. Patient care
   ● To build mindfulness skills so as to enhance the patient-doctor relationship via improved empathic communication and attentiveness
   ● To reaffirm in ourselves the altruistic, compassionate basis of medicine

II. Medical knowledge
    ● To learn about the current research on mindfulness, MAP training, their limitations, and their future directions
    ● Teaching students about mindfulness interventions with an evidence-based medicine approach as a way to treat physical and mental health disorders

III. Practice-based learning and improvement
    ● To hold weekly group meditation and aerobic exercise sessions
    ● To aim for MAP training (30 minutes meditation, 30 minutes aerobic exercise) twice a week for 8 weeks

IV. Interpersonal and communication skills
    ● To improve attention and body-awareness so as to enhance verbal and non-verbal communication

V. Professionalism
    ● To reaffirm the competence and compassion that is expected of the medical profession

BRIEF DESCRIPTION OF ACTIVITIES

The Mental and Physical (MAP) Training course aims to provide students with 8 lectures about mindfulness, each followed by a MAP Training session consisting of 30 minutes of meditation and 30 minutes of aerobic exercise in an effort to improve perceptions of mindfulness and meditation as a medical intervention. Additionally, the MAP Training course acts as a Wellness Program which aims to lower stress levels, ruminative thoughts, depressed feelings, and improve quality of life for each student. Journal club will be held to reflect on the experience of the students.

METHOD OF EVALUATION

Self-reflections, attendance (6 out of 8 sessions)