

Perceived Effects of a Mind-Body Training Program on Physicians: Exploratory Study

Lachance, J., Paillé, P., Desbiens, J.-F. and Xhignesse, M.

Université de Sherbrooke, Sherbrooke, Canada

Background: *Awakening the “Sensible” Being* (ASB) is a formative practice developed in Europe geared toward care giving and support. It examines how use and movement of the body allow for the development of presence to oneself and to others, both of which are desirable qualities for health-care professionals. To our knowledge, there have been no studies that have specifically examined the effects of ASB on physicians. Our objective was to explore if and how ASB training followed by physicians modifies the quality of their self-awareness, their presence to others, as well as their relationship to health and their medical practice.

Summary of Work: Qualitative research based on two types of semi-structured interviews (comprehensive and elicitation) conducted with six doctors from France having completed their ASB training (500-hours over 4 years). The content of the interviews was first analyzed thematically then grouped into categories linked by items and sub-items.

Summary of Results: Participants report taking more active responsibility for their health. Several note a greater self-awareness allowing them to make new choices based on their needs. Some report better mind-body equilibrium with more coherence in their lives. In certain circumstances, they consider being more attentive to self-care. Regarding their professional lives, they report being more aligned with their vocational identity and notice changes in their professional relationships including with their patients.

Conclusion: ASB appears to be an interesting type of formative practice for the development of certain qualities deemed valuable for health-care professionals.

Take Home Message: Mind-body training programs such as ASB may provide interesting avenues for professional development of health-care professionals.