

## Physicians Perceived Effects of a Mind-Body Medicine Program: Exploratory Study

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**Background/Purpose:** Developed in Europe in the 1980s, Awakening the “Sensible” being (ASB) is a formative practice geared toward care giving and support. It examines how use and movement of the body allow for the development of one’s conscience, sense of self and of others, which are desirable qualities for health-care professionals. To our knowledge, there have been no previous studies that 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 with respect to health and their medical practice.

**Methods:** Qualitative research based on two types of semi-structured interviews: comprehensive and elicitation. Interviews were conducted with six doctors who had 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.

**Results:** Interesting transformations were reported by participants. Most noted that ASB had changed them personally as well as professionally. In addition to increasing their self-awareness and quality of presence to others, they considered they had modified their conception of health. Examples of changes noted regarding their professional practice included: enhanced professional relationships as well as a therapeutic stance leading to more fruitful relationships with patients.

**Conclusions:** Learning a mind-body medicine approach such as ASB appears to bring about changes in physicians on a personal level. It also may help them better understand the patient’s perspective leading to certain practice changes, specifically regarding the therapeutic relationship.