

## **A Mind-Body Training Program for Physicians: A Building Block to a Better Personal and Professional « Savoir-Être »**

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**Background:** Developed in Europe in the 1980s, *Awakening the “Sensible” Being* (ASB) is a formative practice geared toward care giving and support. It examines how experiencing one’s own body and its movement stimulates the development of self-awareness and awareness of others, which are desirable qualities for healthcare professionals. To our knowledge, there have been no studies that have examined the effects of ASB on physicians. Our general 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. This presentation will focus specifically on the effects of this type of training on personal and professional “savoir-être”.

**Summary of Work:** Qualitative research based on two types of semi-structured interviews (comprehensive and elicitation) conducted with six physicians 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.

**Summary of Results:** Participants reported that ASB training enabled them to become more aware of their body and thereby develop greater self-awareness (savoir-être) all the while being more centered and focused in their life. Their increased internal perceptive ability allowed them to better accept any internal emotional states of discomfort (ex. panic, anguish, lack of self-esteem, etc.). Participants also reported the development of their ability for internal dialogue thus impacting their reasoning processes, emotional reactions and ultimately their professional “savoir-être”. Overall, they report feeling as if their whole body became an organ of conscious perception which greatly enriched the quality of their relationships with their patients and other health-care professionals.

**Conclusions:** Participants reported an enhanced self-awareness through ASB training which, in most cases, transformed them and their professional practice. Training such as ASB may provide interesting avenues for development of health-care professionals.