

**Awakening the Sensible Being (Mind-Body Training Program as Experienced by Healthcare Professionals) : an open door to exploring the Self and professional relationships in a more humane way**

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**Background / Purpose:** *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, both of 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 objective was to explore if and how ASB training attended by physicians modifies the quality of their self-awareness, their presence to others, as well as their relationship to health and their medical practice.

**Methods:** 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.

**Results / Observations:** Participants developed a presence grounded in their relation to their body on which they could rely when facing uncomfortable situations. They report that this quality relation to their body allows them to live their subjective experience in greater depth which in turn helps them to grow in their global awareness. A refocusing process enables both a proximity to and a certain distance from themselves and events. Being more aware of themselves, they can engage into action more objectively, leaving more space for their human part and that of others.

**Conclusion:** Rather than abnegating the body, which is often privileged in medicine, it appears that a quality relation with one’s body allows people to delve deep into their body subjectivity in order to look more objectively at the Self and have a better nature of connexion to it, thus bringing health to the practitioner and his/her professional relationships.