

A Mind-Body Training Program : the built of “savoir-être” that is a fundamental learning to better learn and acquire skills for the medical profession ?

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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, 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. Based on the Miller pyramid, this presentation will focus on the effects of this type of training on the “savoir-être” that could impacts learning and the profession.

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 reported the development of their ability for internal dialogue thus impacting their reasoning processes, emotional reactions and ultimately their professional “savoir-être”. The “savoir-être” is a state of serenity, calmness and confidence from which emerges their thoughts and actions. These skills supported them in their capacity to learn and acquire competences and act with a “savoir-être” in their profession (analyse based on the CanMEDS).

Conclusion: ASB training teaches a new “savoir-être” that allows physicians to build knowledge and deep-rooted abilities to act and react less in stressful situations. This training could be the foundation for a ethics which constitutes a responsibility for relational occupations.