

Awakening the Sensible Being (ASB): Effects of a Mind-Body Training Program on the Various Dimensions of Health As Experienced by Healthcare Professionals

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

Université de Sherbrooke, Sherbrooke, Canada

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. Based on an integrative medicine perspective, this presentation will focus on physicians’ perceived effects of ASB training on the different dimensions of health described in the literature.

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 report an enrichment of all dimensions of their own health: biological/physical, psychological, social and spiritual. Interestingly, the spiritual dimension seems to be the connecting thread for all these changes. Health becomes seen as the quality of the connection of the person with themselves, with others and with their environment.

Conclusion: In our study, ASB training influenced the way doctors perceived health, not only on a personal level but also in regard to their professional practice. This type of training has the potential to shift healthcare professionals’ perspectives on health to a more integrated (interconnected) vision of all dimensions.