

Mindfulness Experience and Closing Ritual at the Labyrinth

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Objectives of Workshop:

1. Gain an understanding of how medical patients use story to convey important information about themselves and their health.
2. Develop listening skills through the use of storytelling exercises in order to enhance patient/doctor interactions.

Brief Description:

This dynamic workshop will explore how people “story” information about their experiences and themselves. Listening to patients’ stories has the potential to enhance understanding of patients’ health concerns, facilitate better communication between medical professionals and their patients, increase doctor /patient collaboration, and improve patient compliance and treatment outcomes. Through experiential activities, workshop participants will learn storytelling and listening techniques that have practical applications to their work as medical professionals.