

## **Medical Humanities discussion group helps improve students' emotional resilience**

Dennis Saver

Explore practical logistics, and barriers, to creating a series of medical humanities discussion groups allowing medical students to address difficult and complex emotional responses to doctoring

I have started an informal, optional, Medical Humanism discussion group for M3 and M4 students at the Ft. Pierce campus. Before each session, I circulate 2 brief articles to launch our discussion. The articles relate to medical ethics or “treating the whole patient” themes. The guided discussion has a path of its own, and I encourage students to present troubling episodes or difficult circumstances they have encountered for us to process as a group, and provide the student both emotional support and training in emotional resilience. I would like to co-lead the group with a skilled group therapist, which would provide me emotional safety in case of an unexpected “melt down” response, but have not been able to secure a co-leader.