

Facilitating self-awareness in communication course. (Haifa Israel)

I shall respond in three different areas:

1. Teaching medical students
2. Family practice residents
3. Primary care physicians (from different disciplines).

Teaching medical students:

At the first 3 years of medical school the students experience and work with a tutor in small groups on psycho-social and ethical subjects. The course which is called "being a doctor"- is done by working in small groups dealing with medical issues as well as the personal experience and group processes.

At the first year, the students learn and experience the basic concepts of communication and interview patients, physicians and families. **Small group discussions (dealing with personal and organizational obstacles and the group dynamics as well) and written narratives are the first self-awareness tools.**

At the second year the main issue is medicine in the community (primary care and issues as addiction, violence in families, etc.). **They learn communication skills, with role plays and real patients-the small group discussions emphasize self reflection. They also meet and talk with prisoners, battered women, drug users and discuss there own feelings' and thoughts.**

At the third year the main communication skills are cross cultural and dealing with ethical issues.

The main self awareness tools are: **Small group discussions of your own culture and beliefs, meeting the others in the group, interviewing patients from different backgrounds and eliciting their explanatory model. Writing reflective diaries and sharing them with the tutor.**

Separately from this course which is obligatory and evolve in 3 years there is an elective course on **Literature and Medicine. Through reading stories and poems discussing them and narrating one's experience we facilitate compassion. Empathy self reflection and self awareness**

Sixth year students participate in a communication course **of breaking bad news. Part of the course deals with the students fears and difficulties dealing with anger and loss . It is done by small groups discussions role play and inspecting others.**

Family practice residents methods and courses used to facilitate self awareness:

- Preceptorship(mentoring)
- Balint Groups
- Medicine and literature course.
- Using music, art, literature, cinema in teaching
- Narrative medicine course . (based on writing narrating and close reading)
- Family of origin course
- Small groups learning of communication which evolve self reflection, group and personal process. Using videos (with real patients) role play of real situations that are brought in.
- Communication in Palliative care. (hands on) .
- Death grief and bereavement in our life and work

Primary care physicians (mostly specialist):

- Balint groups (only family Physicians)
- Challenging cases (small groups discussion)
- Videotapes- Medical situations with actors (small groups)
- Using narrative and working in couples to discuss critical incidents moment
- Learning from positive experience