CCALAC Conference

Exploring Gratitude: Enhancing Practitioner and Team Vitality

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Jeffrey Ring, Ph.D.
Objectives

• Deepen your Understanding of Practitioner Vitality
• Understand and Decrease Cynicism
• Explore the Experience of Gratitude
Vitality Model

Mindful Practice
- Showing Up
- Listening and Watching
- Breath
- Managing Transitions

Meaningful Practice
- Written and Shared Reflection
- Humanities
- Cynicism Reduction
- Healing and Hopefulness

Collaborative Practice
- Empathic Communication
- Teamwork
- Conflict Management
- Administrative Initiatives

Sustaining Practice
- Self-Care
- Finding Joy
- Enhancing Support
- Humility
- Gratitude
Cherokee Creation Story
Introductions

- Name
- Where you work
- What you do
- Thread/Calling in One Sentence: Why you do what you do
Llamó a mi corazón, un claro día, con un perfume de jazmín, el viento.
-A cambio de este aroma, todo el aroma de tus rosas quiero.
-No tengo rosas; flores en mi jardín no hay ya, todas han muerto.
Me llevaré los llantos de las fuentes, las hojas amarillas y los mustios pétalos.
Y el viento huyó... Mi corazón sangraba...
Alma, ¿qué has hecho de tu pobre huerto?
The wind, one brilliant day, called to my soul with an odor of jasmine. ‘In return for the odor of my jasmine, I’d like all the odor of your roses.’ ‘I have no roses; all the flowers in my garden are dead.’ ‘Well then, I’ll take the withered petals and the yellow leaves and the waters of the fountain.’

the wind left. And I wept. And I said to myself: ‘What have you done with the garden that was entrusted to you?’
Mindfulness
“Gratitude is a vaccine, an antitoxin, and an antiseptic” Jowet
Pathways to Gratitude

• Pay Attention
• Count your Blessings
• Stop Focusing on What You Don’t Have
• Embrace Humility
• Open Your Eyes to Those With Less
• Find Gratitude in Difficulty
Mindfulness
Three Good Things
Enhancing Gratitude

- Gratitude Letters
- Gratitude Walk
- Meditation
- Journaling
- Collage
Healing and Hopefulness

Reilly and Ring (2005) Healing and Hopefulness: A Tool for Doctor Well-being
Medical Education, 39, 1158-1159
List two things you intend to do (new or enhanced) in your personal and/or professional life based on our work here today.