

# WELLNESS AND HEALTH (WH)

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## **WH 0111 - Doctor, Patient, Chaplain: Intersections of Spirituality & Medicine**

1-6 Credits (Repeatable for credit)

Students are paired with a staff chaplain and will shadow them as they go on rounds and/or respond to crisis calls. Students will observe chaplains providing pastoral care in situations of grief, crisis, bad news, decision-making, etc. Students will be asked to reflect on their experiences and assigned materials to discuss the relationship between spirituality and medical practice. Among the topics to be explored are: a biopsychosocial-spiritual model of care; narrative medicine; clinical empathy and the art of presence; patients' use of symbolic language; spiritual history and spiritual assessment; prayer and healing; role boundaries; cultural/spiritual diversity; etc.

## **WH 0112 - Wellness and Resiliency in Med School (WaRMS)**

1-6 Credits (Repeatable for credit)

Goals: To provide an overview of the history of the wellness initiatives at SLUSOM To survey perspectives on mental health, self-care, wellness and resiliency from medical students.

## **WH 0113 - Mindfulness and Resilience Skills in Medicine**

3 Credits

The purpose of this course is to guide students through a 6-week mindfulness-based stress reduction (MBSR) program. MBSR is an evidence-based form of self-intervention that can aid with stress reduction. By the end of the course, students will be expected to develop a self-care plan for their four years in medical school.