**Reflective Practices Curriculum Resources\***

**Mindfulness and Meditation**
Jon Kabat-Zinn - books, videos, podcasts, etc.
Tara Brach - [www.tarabrach.com](http://www.tarabrach.com)
[www.mindful.org](http://www.mindful.org)
Apps - Calm; Headspace; Insight Timer

**Self-Compassion**
Kristen Neff - [www.selfcompassion.org](http://www.selfcompassion.org)
Christopher Germer - [www.chrisgermer.com](http://www.chrisgermer.com)
Germer, C., & Neff, K. (2019). Teaching the mindful self-compassion program: A guide for professionals. The Guilford Press.
Neff, K., & Germer, C. (2018). The mindful self-compassion workbook. New York, NY: Guilford.

**Positive Psychology**
Martin Seligman - books, videos, podcasts, etc.
Shawn Achor - Ted Talk (Happiness Advantage), books, podcast
Gretchen Rubin - books, podcast, Ted Talk

**Life Management Skills**Swenson, R. A. (2004). Margin: restoring emotional, physical, financial, and time reserves to overloaded lives / Richard A. Swenson. Rev. ed. Colorado Springs, CO: NavPress.
Covey, Stephen R. The 7 Habits Of Highly Effective People: Restoring The Character Ethic. New York : Free Press, 2004. Print.

**Art**
Post secrets project <http://postsecret.com/>
Photovoice [www.Photovoiceformedicine.com](http://www.photovoiceformedicine.com)

**Reflective Writing**
The Pulse: [www.pulsevoices.org](http://www.pulsevoices.org)
Kevin MD: [www.KevinMD.com](http://www.kevinmd.com)
Kwame Alexander poet-in-residence National Public Radio: <https://www.npr.org/2020/04/30/845910766/if-the-trees-can-keep-dancing-so-can-i-a-community-poem-to-cope-in-crisis>
Critical Incident Worksheet: <https://drive.google.com/file/d/1ad4Omaf1mQf0wWHODRgvQv-I4fcBk76l/view?usp=sharing>
6 word memoirs: <https://www.sixwordmemoirs.com>
Fogarty CT. Fifty-five word stories: "small jewels" for personal reflection and teaching. Fam Med. 2010 Jun;42(6):400-2. PMID: 20526906.

**Book Clubs**
Backman, F. (2015). A Man Called Ove: A Novel. New York: Simon & Schuster, Inc.
Gawande, A. (2008). Better: A surgeon's notes on performance. New York: Picador.
Epstein, R. (2017). Attending: medicine, mindfulness, and humanity. New York: Scribner.
Kalanithi, P. (2016). When Breath Becomes Air. New York: Random House.
Gawande, A. (2014). Being mortal: medicine and what matters in the end. New York: Metropolitan Books, Henry Holt and Company.
Lencioni, P. (2002). The five dysfunctions of a team: A leadership fable. San Francisco: Jossey-Bass.
DiAngelo, R. (2018). White fragility: Why it's so hard for white people to talk about racism. Beacon Press.

Additional book suggestions from session attendees:
Awdish, R. (2017). *In shock: My journey from death to recovery and the redemptive power of hope*. St. Martin's Press.
Coelho, P. (2013). *The alchemist: A fable about following your dream.* London, England: HarperCollins.
Brown, B. (2018). *Dare to lead: Brave work. Tough conversations. Whole hearts.* London, England: Vermilion.

**Giving and Receiving Feedback**Algiraigri AH. Ten tips for receiving feedback effectively in clinical practice. Med Educ Online. 2014 Jul 28;19:25141. doi: 10.3402/meo.v19.25141. PMID: 25079664; PMCID: PMC4116619.

Janse, B. (2020). Johari Window Model. Retrieved 10/18/20 from toolshero: <https://www.toolshero.com/communication-skills/johari-window-model/>

**Behavioral Medicine Elective in Reflective Practices**A 2 week Behavioral Medicine elective in Reflective Practices, designed to meet the needs of a resident in need of a pause before returning to work following the death of a parent. Please contact Amy Romain for more information at amy.romain@sparrow.org

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