

faculty NEWSLETTER

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JUNE – JULY 2010

eventsCALENDAR

Workshops and other activities

You are invited! We encourage you to enroll in one of the various workshops, programs and events sponsored by the Faculty Development Office. For more event details and to register, visit www.ucdmc.ucdavis.edu/facultydev/ and click *Enroll Online*. (Event co-sponsors are indicated within parentheses.) Volunteer Clinical Faculty members are also welcome and encouraged to attend faculty development events.

June

- 16** Faculty Forward Task Force meeting
- 18** Fostering a Research Program in Your Department, Unit or Section (MCLP)

July

- 16** A Leadership Model for Faculty in Academic Medicine (MCLP)
- 21** Faculty Forward Task Force meeting

August

- 18** Faculty Forward Task Force meeting
- 20** Mid-Career Leadership Program Graduation (MCLP)

Save the date:

- Nov. 3** New Faculty Orientation

Event co-sponsor

MCLP: Mid-Career Leadership Program

ANCIENT ART ENABLES REJUVENATION

Martin Boroson teaches 'One-Moment Meditation' techniques

Alternative therapists have long espoused the benefits of the ancient practice of meditation. During recent years, a body of scientific literature has documented evidence that meditation indeed can contribute to mental and physical health.

In the Sept. 23, 2009, edition of the *Journal of the American Medical Association*, University of Rochester Medical Center researchers reported that meditative training can help alleviate psychological distress and burnout that many physicians experience. The 70 physicians who learned meditation techniques as part of the research study experienced a reduction in burnout and mood disturbance, accompanied by improvements in well-being, empathy and psychosocial orientation to clinical care.

Many harried people may resist engaging in meditation because they think they can't find time to practice it amid their tight schedules. They may find an answer to that dilemma though a technique called "One-Moment Meditation®," developed by organizational consultant and author Martin Boroson.

In April, Boroson conducted two meditation workshops at UC Davis Medical Center, sponsored by the Faculty Development Office. Boroson recognizes that most people cannot find even 20 minutes a day to learn or practice meditation. His technique does not require candles, incense, cross-

legged postures or severe discipline. Beginners need only a chair, a relatively quiet place to sit and a timer set to one minute. "The first exercise takes just one minute," he says, "because even busy people have one." With practice, he says, this takes less and less time, until people can do it in just a moment.

"Meditative practice may be done for various reasons, including spiritual awakening," Boroson explained. "One-Moment Meditation is basically a practical way to find a more relaxed but alert

CONTINUED ON PAGE 5



Photo: Koran Temple Lang

Martin Boroson, shown here meditating at Heuston Station in Dublin, Ireland, conducted two workshops for School of Medicine faculty members on April 13.

One-Moment Meditation FROM PAGE 1

part of yourself, whenever you have a moment. Many things become possible when you're operating from that state of mind."

Boroson devised the "one-moment" concept several years ago while engaged in one of his customary 30-minute meditating sessions. Sitting perfectly still, with his eyes closed, he became distracted by the thought that he may have forgotten to set his alarm. Although he tried to dismiss that notion, it dogged him throughout the session. When he peeked at the timer – which he had indeed set – he discovered that 29 minutes had elapsed.

Rather than resetting the timer for another 30-minute interval, or giving up, Boroson decided to use the remaining minute fully. His success during that minute prompted him to develop this concept, and write the book *One-Moment Meditation: Stillness for People on the Go* (Winter Road Publishing, 2009).

People who practice One-Moment Meditation, he says, soon find themselves able to meditate during many "lost" or "wasted" moments throughout the day – while in line at the supermarket, stuck in a boring meeting, or waiting on hold on the phone.

"Although meditation involves temporarily withdrawing from stimuli around you, the goal is a state of mind through which you can become more responsive to things around you, make better decisions and be more creative," said Boroson, who was raised in what he playfully calls a "devoutly atheist" family in

suburban New York. While majoring in philosophy as an undergraduate student at Yale University, he became intrigued with Zen Buddhism, which teaches enlightenment through meditation.

"I was looking for 'the' answer, but I didn't find it in Western philosophy. I came to realize that the kind of answer I was seeking wouldn't come from thinking about things but from jumping into experience," Boroson said. After he earned an MBA from the Yale School of Management, he decided to "explore other ways of knowing," and worked in both psychotherapy and theater. Now, in addition to training professionals in One-Moment Meditation, he consults to organizations that want to bring a more meditative mind to decision making.

Boroson believes that when physicians meditate, they as well as their patients may benefit. At UC Davis, he helped physicians explore how One-Moment Meditation could be useful in many different ways, from self-care and time management to leadership.

"Brief interludes of meditation can help physicians thrive in their stressful environment," Boroson said. "This also can improve patient care, through enhanced listening and observation skills."

Boroson is developing e-mail and audio versions of his training for general use, and in April – National Stress Awareness Month – he presented a 30-part series on meditation and

stress on Oprah Winfrey's Web site. Visit www.martinboroson.info to learn more.

What some workshop attendees said

- "A surprising cross-section of the School of Medicine community attended the workshop, and from the comments I heard, most everyone found the session beneficial. Demands on my time continue to ratchet upward, and opportunities to get respite from the stress seem harder to find. The value of a one-minute rejuvenating break is remarkable."

– **Charles Bevins**, professor, Medical Microbiology and Immunology

- "It is difficult to stop in the middle of the day and focus your mind on breathing, for even one minute, especially when there are a thousand other things in your mind. It's much more difficult than during the seminar itself, when everyone's attention was on the idea of meditation. I think it is going to take a lot of practice to develop the discipline to do this daily, at least for me."

– **Berneet Kaur**, assistant clinical professor, Neurology

- "It was telling and funny that several people at the course on meditation said they almost didn't come because they were too busy. Martin Boroson taught us all how to use one minute for meditation. A minute a day seems a doable commitment. My first big hurdle will be to meditate for one minute daily for a month. We'll see."

– **Deborah Ward**, associate dean, Betty Irene Moore School of Nursing

- "The workshop on One-Moment Meditation was extremely helpful and I am eager to apply these newly learned skills in my clinical work with residents and fellows. It would seem that this type of time-efficient stress management tool would be extremely useful to help the busy physician achieve a more emotionally balanced state of mind."

– **Margaret Rea**, professor, Medical Microbiology and Immunology

