



ICM Asia Pacific 2019

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

ICM Asia Pacific 2019 Pre-Conference Workshop

Mindfulness in action – combining mindfulness and affective reflective journalling as a contemplative space for self awareness and emotional balance

Linda Humphreys and Kwong Chan

In the busyness of life, we are poorly practised at giving full attention to our experiences, often finding ourselves on autopilot and feeling disconnected to those around us. Contemplative practice is a first-person focused inquiry that has the capacity for quieting the mind in the midst of the distractions of everyday life. It encourages us to be present with our feelings and their origins, allowing us to tap into our inner life and habits of mind so that we are no longer caught off-guard and unaware. Contemplative practice sees us not as finished products, but continually unfolding and becoming “fully human” – a mindset that cultivates balance, and can build empathy, compassion and connection.

In this workshop, we will present a contemplative framework that combines the elements of mindfulness and affective reflective writing to foster attention to our inner experiences. In a culture of safety and support, participants will take part in activities that explore development of values and attitudes through recognition of emotional responses. No prior experience in mindfulness or writing is necessary to take part in this workshop.

Linda Humphreys

Linda Humphreys (MSc. Genetic Counselling, Grad Cert in Higher Ed., BSc. hons) is a Lecturer in Medical Education (Communication Skills) in Griffith University School of Medicine and the Lead of reflective journalling in the MD curriculum. She has been a tertiary educator for 20 years and contributed to research in the fields of clinical biochemistry, genetic counselling and medical education. Linda implements contemplative pedagogies in the MD curriculum to facilitate skills in narrative competence, self-awareness, professional identity formation and developing comfort with the uncertainty inherent in the health profession. She has presented her methodologies combining reflective writing and mindfulness locally, nationally and internationally.

Chan Kwong Djee

Dr Kwong Chan is a Senior Lecturer in Medical Education and the Internationalisation Lead of Griffith School of Medicine. He received his medical training in Taiwan (Kaohsiung Medical University) and his PhD from Griffith University School of Applied Psychology, focusing on grief and loss support training. As a thanatologist, Kwong received his Master of Arts in Life and Death Studies from Nan





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Hua University in 2001. Kwong is also a holistic counsellor trained in Australia (2003). As the Stream Lead of Professional Communication and History Taking Stream in the Griffith MD program, Dr Chan introduced structured mindfulness practice into the School of Medicine in 2011, medical students have been able to apply mindfulness for exam preparation and performance anxiety management. Kwong's area of research in health education includes communication skills learning and teaching, application of mindfulness, health students' social media behaviour, admission selection, resilience building, reflective practice and development and implementation of contemplative pedagogy in health education. Kwong's interest in mindfulness started as a Buddhist practitioner since he was a child. He had participated in 3 short-term monastic retreats and was appointed as the Lay Dharma Lecturer of Buddha's Light International Association (BLIA) in 2002.

