include identification of appropriate patients; training and prompting of clinicians; facilitation of high quality discussions using a structured conversation guide; materials that support patients to more easily discuss these issues with their loved ones; and structured approaches to documentation in the medical record. Teaching methods include didactic presentations, large group interactive sessions and small group skills-based training and personalized feedback. Participants in this workshop will increase their personal effectiveness and comfort in conducting end-of-life discussions using a systematic approach, and will explore basic strategies to teach this approach to others.

Palliative Care and the Art of Poem Making: A Pathway to Deepen Dialogue with Ourselves, Our Patients, Our Colleagues (P11)
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Objectives
- Identify two ways they might improve their communication with patients through the use of poetry/writing.
- Integrate poem-making/writing into their practice of self-care, self-understanding and self-acceptance and demonstrate the effectiveness of this experience in clinical settings.
- Create a plan of care for appropriate patients that includes using poetry as a healing modality.

“We may have lost faith in our ability to write poems, just as we have lost faith in our ability to heal. Recovering the poet strengthens the healer and sets free the unique song that is at the heart of every life.”
—Dr. Rachel Naomi Remen, from preface to Poetic Medicine: The Healing Art of Poem-Making, by John Fox

Palliative care, which promotes compassionate care amid serious illnesses, depends on practitioners’ ability to cultivate attentiveness, compassion, resilience and mindfulness in their interactions with patients, families and colleagues. The AAHPM prioritizes “identifying opportunities for enhanced self-care and resilience” as a key objective for its annual conference sessions. Yet, although it is known that people can enhance their capacity for resilience, addressing burnout and promoting resilience in health care settings has been elusive. Resilience is especially important in palliative care, where clinicians confront loss, grief, conflict and difficult decisions on a daily basis.

New evidence suggests that cultivating positive emotions (e.g., gratitude) and compassionate action reduce burnout and enhance resilience. This workshop will offer an experiential introduction to mindful practice with a focus on resilience, positive emotion (e.g., gratitude) and compassion, based on workshops for health professionals which have resulted in greater resilience, empathy and psychosocial orientation while reducing burnout (see RM Epstein, JAMA 1999, MS Krasner JAMA 2009, HB Beckman et al Acad Med 2012). Participants will practice bringing forth their capacity for gratitude and compassion through secular contemplative practices, paired dialogues using appreciative inquiry and insight dialogue techniques, and discussion of ways to experience greater resilience in work settings. We will review psychological and neurocognitive underpinnings of resilience; present evidence that resilience can be cultivated; and propose...