

PHA5956 Integrated Mind/Body Skills

Spring, 2023

1 Credit Hour – [S-U Grading]

Pharmacy is a profession with a high rate of stress and burnout that students need to be able to mitigate. Further, in future practice, students can educate patients to help them decrease stress and increase resilience. Mind/body approaches—including medication, guided imagery, biofeedback, breathing techniques, art, music, and movement—are skills that can alleviate stress and foster self-awareness and self-care. The purpose of this elective is to introduce a variety of mind/body medicine modalities to students so they can experience it for themselves and gain insights into their use clinically.

Teaching Partnership Leaders – 1PD

Karen Whalen, PharmD

- Email: whalen@cop.ufl.edu
- Office: HPNP 4319
- Phone: 352-273-9497

Stacey Curtis, PharmD

- Email: scurtis@cop.ufl.edu
- Office: HPNP 2336
- Phone: 352-273-6232

Office Hours: Please see the Canvas course site for posted office hours

Teaching Partnership Leaders – 2PD/3PD

Teresa Cavanaugh, PharmD

- Email: tcavanaugh@cop.ufl.edu
- Office: HPNP G234
- Phone: 352-294-8943

Sauna Buring, PharmD

- Email: sburing@cop.ufl.edu
- Office: HPNP 4319
- Phone: 352-294-8799

Office Hours: Please see the Canvas course site for posted office hours

See Appendix A. for Course Directory of Faculty and Staff Contact Information.

Course-Level Objectives

Upon completion of this course, the student will be able to:

1. Describe a variety of healing modalities including meditation, guided imagery, autogenic training, journal writing, and movement, and reflect on the ways these skills can be helpful personally and professionally.
2. Articulate the importance of self-awareness and self-care for personal health and well-being and the importance of maintaining a balance between the intellectual, emotional, physical, social, and spiritual aspects of their lives.
3. Execute the skills of metacognition.
4. Summarize the value of an ongoing commitment to personal growth as fundamental to the practice of pharmacy.

Course Pre-requisites

1. Must be enrolled in a UF Health Science Center professional program.

Course Co-requisites

1. There are no co-requisites for this course.

Course Outline

See Appendix. Please routinely check your campus calendar and the Canvas course site for any messages about changes in the schedule including meeting dates/times, deadlines, and room changes.

Class meetings are varied depending upon the facilitators and will be provided in advance so students can ensure they are able to participate in all sessions. In addition to class time, students will be expected to practice techniques outside of class to identify which practices are best to positively impact their well-being in the future.

Required Textbooks/Readings

1. There are no required textbooks for this course.

Use [UF VPN to access UF Libraries Resources](#) when off-campus.

The UF HSC library staff can assist you with questions or issues related to accessing online library materials. For assistance contact your College of Pharmacy librarian or visit the [HSC Library Website](#) at this URL: <http://www.library.health.ufl.edu/>

Suggested Textbooks/Readings

Suggested readings will be posted on Canvas.

Other Required Learning Resources

None

Materials & Supplies Fees

None

Student Evaluation & Grading

Evaluation Methods and How Grades are calculated.

This course is a Satisfactory/Unsatisfactory course. Participation in check-ins, activities, and post-activity reflections are expected within the course rules of engagement. Students are only expected to share what they are comfortable sharing and can opt to pass rather than discuss something that is deeply personal. The following course ethics are expected to be exhibited: confidentiality, mutual respect/listening, punctuality, and commitment.

Required Elements:

1. Attend all class sessions
2. Complete the pre- and post-class surveys
3. Submit end-of-course reflection assignment
4. Participate in class sessions

Educational Technology Use

The following technology below will be used during the course and the student must have the appropriate technology and software.

1. ExamSoft™ Testing Platform
2. Canvas™ Learning Management System

For technical support, navigate to [Educational Technology and IT Support Contact Information](http://curriculum.pharmacy.ufl.edu/current-students/technical-help/) at this URL: <http://curriculum.pharmacy.ufl.edu/current-students/technical-help/>

Pharm.D. Course Policies

The Policies in the following link apply to this course. Review the General [Pharm.D. Course Policies](http://curriculum.pharmacy.ufl.edu/current-students/course-policies/) carefully, at this URL: <http://curriculum.pharmacy.ufl.edu/current-students/course-policies/>

Makeup Assignments

Makeup assignments may be required for excused absences from any class sessions. Students will be required to complete the makeup assignment within one week of the missed session.

Late Assignments

Written assignments submitted more than one week late will be awarded zero credit and will result in failing the course. A student should speak with the facilitator(s) before the reflection due date if they need extra time on that assignment.

Respect for Diversity

The University of Florida College of Pharmacy strives to stimulate a culture that promotes diversity and inclusion within an exceptional community of students, faculty, and staff. It is our intent that students from all diverse backgrounds and perspectives be well served by this course, that students' learning needs be addressed both in and out of class, and that the diversity that students bring to this class be viewed as a resource, strength, and benefit.

We intend to present materials and activities that are respectful of diversity: gender, sexuality, disability, age, socioeconomic status, ethnicity, race, and culture. Your suggestions are encouraged and appreciated. Please let us know ways to improve the course's effectiveness for you personally or for other students or student groups.

If any of our class meetings conflict with any of your religious events, an excused absence will be provided when requested using the standard UF COP process as detailed in the [UF COP Course policies](#).

If you feel that you have experienced or witnessed any bias/treatment that falls short of these expectations, you may submit a report through the UF [COP Student Mistreatment Report](#).

Course Evaluation Process

Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

Appendix A. Course Directory

Teaching Partnership Leaders – 1PD

Karen Whalen, PharmD

- Email: whalen@cop.ufl.edu
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Questions to Ask:

- Concerns about performance
- Guidance when there are performance problems (failing grades)
- General questions about content

Instructional Designer:

Chris Egan, M.Ed, NRP

- Email: cegan@ufl.edu
- Phone: 352-294-5636

Academic Coordinator Gainesville Campus:

Ashleigh Langford

- Email: lynn8597@cop.ufl.edu
- Office: HPNP 4312
- Phone: 352-273-6002

Educational Coordinators:

Katie Orben

- Email: korben06@ufl.edu
- Office: Jacksonville Campus
- Phone: 904-244-9590

Andrea M Arredondo

- Email: aarredondo1@cop.ufl.edu
- Office: Orlando Campus
- Phone: 407-313-4087

Questions to Ask:

- Issues related to course policies (absences, make up exams, missed attendance)
- Absence/tardy requests (Only the Academic Coordinator handles absence requests)
- Questions about dates, deadlines, meeting place
- Availability of handouts and other course materials
- Assignment directions
- Questions about grade entries in gradebook (missing grades, incorrect grade)
- Assistance with ExamSoft® (Distance campus students may contact the Educational Coordinator for use of Exemplify and assistance during exams. The Academic Coordinator is the contact person for issues related to grading and posting of ExamSoft grades.)

Appendix B: Course Outline

1PD Date / Time	2PD&3PD Date/Time	Mod #	Activity	Activity Title	Contact Time (hr)	Responsible
		0	Other	Welcome Video		
03/02/23	02/22/23	1	Module	Introduction		
03/02/23	02/22/23	1	Other	Pre-Class Survey		
03/02/23 at 2-4pm	02/22/23 at 3-5pm	1	In-class Activity	Experiential Exercise: Drawings	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
03/09/23	03/08/23	2	Module	Fight of Flight and Stress Response		
03/09/23 at 2-4pm	03/08/23 at 4-6pm	2	In-class Activity	Experiential Exercise: Autogenics	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
03/23/23	03/22/23	3	Module	Eating Meditation		
03/23/23 at 2-4pm	03/22/23 at 4-6pm	3	In-class Activity	Experiential Exercise: Guided Mindfulness Meditation	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
03/30/23	03/28/23	4	Module	Introduction to Imagery		
03/30/23 at 2-4pm	03/28/23 at 1-3pm	4	In-class Activity	Experiential Exercise: Special Place Imagery	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
04/06/23	04/04/23	5	Module	Inner Guide/Wise Self/Spirit Guide		
04/06/23 at 4-6pm	04/04/23 at 3-5pm	5	In-class Activity	Experiential Exercise: Inner Guide/Wise Self/Spirit Guide	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
04/11/23	04/12/23	6	Module	Dialogue with a Symptom, Body Part, or Emotion		
04/11/23 at 2-4pm	04/12/23 at 4-6pm	6	In-class Activity	Experiential Exercise: Dialogue with a Symptom, Body Part, or Emotion	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
04/20/23	04/18/23	7	Module	Physical Energy and Emotional States		
04/20/23 at 2-4pm	04/18/23 at 3-5pm	7	In-class Activity	Experiential Exercise: Shaking & Dancing	1	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
04/20/23 at 2-4pm	04/18/23 at 3-5pm	7	In-class Activity	Experiential Exercise: Garden Walk	1	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
04/26/23	04/25/23	8	Module	Power of Forgiveness		
04/26/23 at 8:30- 10:30am	04/25/23 at 4-6pm	8	In-class Activity	Experiential Exercise: Forgiveness Meditation	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
05/05/23 due at 1pm	05/02/23 due at 3pm		Assignment (Graded)	Index Cards Assignment		
05/05/23	05/02/23	9	Module	Drawings		

1PD Date / Time	2PD&3PD Date/Time	Mod #	Activity	Activity Title	Contact Time (hr)	Responsible
05/05/23 at 1-4pm	05/02/23 at 3-5pm	9	In-class Activity	Experiential Exercise: Draw Yourself	2	Karen Whalen, Shauna Marie Buring, Stacey Curtis, Teresa Cavanaugh
05/05/23	05/02/23		Assignment (Graded)	Reflection Assignment		
05/05/23	05/02/23		Other	Post-Class Survey		
				Contact Time	18	