

Medicine and Compassion Retreat

at NUI Galway

July 1-3, 2022



Is it possible to train in compassion? Can your compassion become more stable, inclusive, and effortless? Can you achieve a better connection with your patients and colleagues, and decrease the risk of burnout? The Medicine & Compassion Retreat explores how to train directly in compassion to achieve these goals.

Training in compassion is based on the principles described in the book *Medicine and Compassion*, by Chogyi Nyima Rinpoche and David R Shlim MD. For more background, visit our website:

www.medicineandcompassion.com. Attendance is limited to maintain an intimate experience. See below for more information and link to register.

Registration

Tuition:

€350 medical doctors

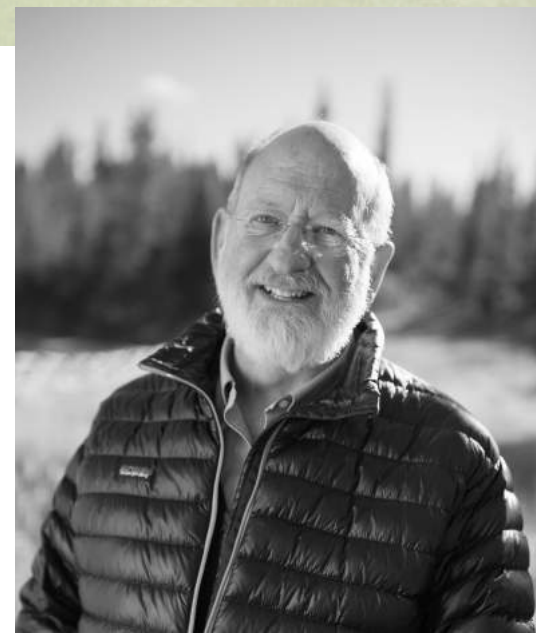
€275 other medical professionals

€150 medical students

Includes stimulating lecture and discussion sessions; see schedule below. Includes lunch on Saturday and Sunday and a gala dinner on Saturday to connect!

Instructor

Dr. David R. Shlim hosted the world's first conference on Medicine and Compassion in 2000 and has been lecturing and writing on the subject for the past twenty years.





MEDICINE &
COMPASSION



OÉ Gaillimh
NUI Galway

More Information

What is covered in the Retreat?

The retreat will combine lectures, discussion, problem-solving, and meditation practice. The small group size will be ideal for asking questions and helping to design approaches that attendees can bring back to their respective institutions. Topics to be covered include:

1. Definition and basis of compassion
2. Understanding impermanence
3. Six ways to train directly to improve compassion
4. The relationship between a relaxed mind and a compassionate attitude
5. Meditation training
6. Helping patients with the end of life

Schedule

- Friday 7 pm - 9pm* Introduction and getting to know each other
- Saturday 9am - 5pm* Medicine and Compassion Lectures + Breakout Sessions
*with Gala dinner to follow
- Sunday 9am - 12pm* Final Session and Closing

Travel & when should I plan to arrive and depart?

Please see [Travel to Galway - NUI Galway](#) for information on getting to Galway from the airports, campus maps, etc. You are welcome to contact the NUI Galway Conference Manager, Ethan Brennan, with any additional questions about travel: ethan.brennan@nuigalway.ie.

The retreat begins on Friday evening, July 1st with an orientation at 7:00pm.

The retreat concludes after lunch on Sunday, July 3rd.

Health & Safety – Visitors to campus

NUI Galway is committed to providing a safe and healthy environment us while we are on campus. A Covid Policy Statement will be sent to you upon registration.

Parking on campus

There is limited parking for visitors on campus, and no restrictions apply at weekends.

Local Host & Contact

Dr. Eva Flynn MB BAO Bch, GP and Lecturer in General Practice, Lead for Student Wellbeing/ Mindful Learning and Performance, Discipline of General Practice, School of Medicine, NUIG eva.flynn@nuigalway.ie. For questions about the Medicine and Compassion Project, please email paula@medicineandcompassion.com.

Cancelation Policy

Conference registration fees are fully refundable if cancellation is received 60 or more days prior to the event. If cancellation is received 30 or more days prior to the event, a partial refund of 50% of registration fees will apply. Registration fees are non-refundable where cancellations are received 29 days or less prior to the event.

Accommodations

If you are traveling from outside of Galway to attend, there are accommodations available on campus at [Goldcrest Village](#). Prices are €72.00 per night for single en-suite bedroom and €118.50 per night for a double en-suite bedroom.

[Click to Register](#)



David R Shlim MD with Chokyi Nyima Rinpoche in Kathmandu