

# PRACTICE & PRESENCE

## A Gathering for Christians in Healthcare

### Workshop Descriptions

#### ***Ignatian Contemplation: Disposing Oneself to the Contemplative Attitude by Engaging the Senses Imaginatively in an Encounter with Christ***

**David De Marco, SJ, MD, Alumni Memorial Common Room**

This workshop presents an opportunity to delve further into imaginative Prayer. Ignatian contemplation in the, or imaginative prayer, describes that style of prayer that engages the 5 senses imaginatively to place the one who is praying in intimate proximity with the person of Jesus Christ. The fruit of this prayer is a growing awareness of the movements coursing through one's interior landscape moment by moment. An awareness of these interior movements allows the one who prays this way to discern qualitative differences among her or his interior movements, and to choose to harmonize one's actions with those movements that lead us to become our best selves, our selves most fully alive and most fully in harmony with the God's desires for us.

#### ***Introduction to medical ethics in the Catholic tradition***

**John Hardt, PhD, 107 Westbrook Building**

Catholic moral tradition has played a prominent role in shaping how Christians think about medical ethics, and about the body more broadly, yet to many the tradition remains opaque, if not anachronistic. In this workshop, John Hardt will provide an introduction to Catholic medical ethics, helping the participant to understand both its key concepts and norms, as well as the Catholic imagination in which those terms and norms are best understood.

#### ***Medicine and Storytelling***

**Ray Barfield, MD, PhD, 060 Langford Building**

The contemporary practice of medicine is intimately tied to the languages of biology, finance, liability, and risk management, but none of these languages can capture the experiences that patients, families, and clinicians have when they are faced with the challenges of illness, suffering, and dying. This workshop will look at how stories in general- and the Christian story in particular – can illuminate these experiences in ways that enrich, enliven, and improve the work of being a caregiver or being a patient.”

#### ***Ignatian Discernment and Decision-Making: Paying attention to the “motions of the soul”***

**Marth Carlough, MD, MPH, 145 Lanford Building**

This workshop builds on the earlier talk about Ignatian Discernment. In a fast paced and overloaded world, we often do not go deeper in examining our inner movements – imaginings, longings, desires, repulsions and attractions. St Ignatius Loyola in the Spiritual Exercises describes several layers of “rules of discernment”. These exercises and reflections allow us to become more sensitive to internal movements; to reflect on them and to understand where they may lead us. Bringing one's questions before God and trusting that God is present and can respond personally allows us to make choices in freedom and to experience grace.

#### ***Open to the Love and Presence of God: Cultivating Awareness of Christ's Presence in Today's Health Care Contexts***

**Cathy Leslie, PhD, MSW, 103 Westbrook Building**

With all the pressures and challenges contemporary healthcare providers face, what are practical ways we can practice the presence of Christ that invite transformation within ourselves and those with whom we care? In this seminar, Cathy Leslie, PhD, MSW ([www.cathyleslie.com](http://www.cathyleslie.com)) will speak from her experiences as a Christian and practicing psychotherapist about a contemplative practice (Welcoming Prayer), and mindfulness practices (grounding, tracking) that can be part of the rhythms of our day--transformation on the go, if you will. This will be an interactive, experiential workshop on how to be in the present moment more and more, grounded in an awareness of God's union with us. She will also offer practical suggestions about invitational ways to engage spirituality in the context of healthcare.



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