Devos for Docs: Starting a Spiritual Formation Program in an Academic Hospital
Alexandra Cist, MD

Participants will engage in a scripture-based spiritual discipline exercise together; reflect on its relevance to themselves and to physicians (especially physicians-in-training); and review and discuss the curriculum of a Spiritual Formation program for physicians at a Boston teaching hospital. The program was developed with a Brother Lawrence-type desire for physicians “to develop an habitual sense of God's presence” in the hospitals where they work. Seminar participants will leave with a practical experience of engaging in a devotional discipline and with curricular resources for starting a similar Spiritual Formation program elsewhere.

Cultivating a Moral Ecology: Christian Counter-Formation when Medical Trainees are Burnt-Out from Burnout
Panelists: Anna Berry, MD, MTS; Jenna Frush, MD, MTS; T. Clark Howell, MD; Moderator: Brewer Eberly, MD, MACS

Burnout is not a problem of vacation time, deficient electronic medical record training, or yoga deficiencies, but a problem of moral ecology. Moral ecologies are collective responses to the big problems of the current moment, taken up by larger institutions but usually answered by smaller moral subcultures. In this session, we witness to the cultivation of an alternative moral ecology to burnout. We speak from four separate disciplines (Emergency Medicine, Med-Peds, Surgery, and Family Medicine), four stages of training and practice (PGY-2, PGY-3, PGY-4, and Attending), and as friends and fellows of the Theology, Medicine, & Culture Initiative. We too are burnt-out from talking about burnout. Rather than simply bemoaning the problem, this session will feature a critical appraisal of the moral ecology of burnout followed by three constructive responses and rich witnesses to Christian counter-formational practices. If burnout is a problem of technological production, maximal efficiency, bureaucracy, meaninglessness, fragility, and anxiety, then what might it look like to witness to Sabbath, holy time, rest, community, belonging, grace, lament, and liturgy in our collective response to burnout as clinicians, trainees, and healers?
Kairos Encounters in Chronos Clinics  
_Lauren Barron, MD & Chad Thompson, MD_

The realities of serving vulnerable communities in settings with limited resources often involves a kind of spiritual whiplash as we move rapidly between kairos and chronos—shifting from sacred encounters with patients to bureaucratic busyness where metrics matter most. This seminar will focus on spiritual practices that are grounding, healing, and protective. In our group discussion we’ll imagine healthy ways to move between the mystical and mundane in our daily practice.

What is the place of abortion in medicine?  
_Panelists: Susan Bane, MD, PhD & John Thorp, MD; Moderator: Farr Curlin, MD_

Since the Dobbs decision, a number of professional medical societies, including the American College of Obstetricians and Gynecologists, have issued statements emphasizing that induced abortion is essential medical care, and that medical practitioners, therefore, are obligated to advocate for access to abortion. In this seminar, two obstetricians and one physician-ethicist will consider whether and how abortion fits into medicine. They will draw on clinical experience, ethical concepts, and Christian tradition to dialogue with participants about a fitting posture for medical practitioners to take toward abortion. They also will consider scriptural resources to help Christian practitioners bear faithful and patient witness within institutions whose policies contradict the practitioners’ convictions.

Supporting Tamar: Bringing A Trauma–Informed Lens to Your Practice  
_Togor Gado, MSW-c & Tara Corbett, MTS, MSW_

This seminar will provide a brief introduction to the topic of sexual trauma, exploring how to conceptualize and respond theologically to this type of trauma. Finally, relevant practical responses and implications for those providing patient care will be discussed.
Towards Christian Care
Micah Rojo, BSN

Employing narrative, history, and sociological perspective, this seminar will name and describe 1) the relationship between a nurse and the patient, 2) using Foucault's power/knowledge, an analysis of the forces that disempower the nurse from using this relationship to support the patient embodying a Christian understanding of health and identity, and 3) a way forward for nurses - one that the presenter believes can be found through comparing and contrasting Foucault's Care of the Self, and MacIntyre/Bishop's separatist approach. Amid the moral distress epidemic nurses are experiencing in America, this seminar will offer a vigorous account of the healing that can come through lifting up and leaning into the unique relationship between patient and nurse.

Learning to Love Our Limits
Andrew Borror, MTS, PhD–c

There is a tendency in contemporary, Western culture to conceive of limits solely in negative terms. Whether it is the limits of our bodies or the constraints on our time, we often feel like limits are hindrances to our flourishing. Even those of us who profess limits to be good can sometimes struggle to articulate how and why they actually are. Through discussing topics ranging from fitness culture to transhumanism, this seminar aims to help us learn to receive our limits as gifts from God.

Poetry of the Sacred
Martha Carlough, MD, MPH

This workshop will provide an opportunity to explore the gift of engaging with sacred poetry, from Psalms to modern spoken verse, as a spiritual practice to deepen our awareness of the holy and cultivate attentiveness in our everyday lives as health care practitioners. The workshop will begin with a brief history of religious poetry, largely from the Jewish and Christian traditions, offer the opportunity to read and digest a variety of poems together, and offer resources to continue to develop and go deeper.

From Machines to Wayfarers: A Christian Approach to Psychiatric Medications
Warren Kinghorn, MD, ThD

Many clinicians and patients experience mental health care, especially psychiatry, as a technical process in which unwanted experiences and behaviors are named as symptoms, symptoms are combined into diagnoses, and technologies like medications are applied to reduce symptoms and to treat diagnoses. This can leave human beings feeling like they are being treated as machines. Against this “machine metaphor,” though, are the Christian affirmations that humans are God’s good creatures, known and loved by God, bearers of God’s image, and created for relationship. In this workshop, we’ll explore the difference that these affirmations make for the prescription and use of mental health medications.