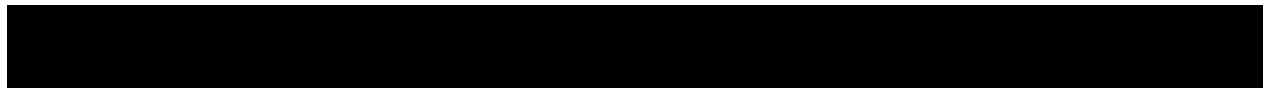


# Northwest Permanente hosts day-long mindfulness program



- April 24, 2019
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Earlier in April, in a day-long program on physician mindfulness in Portland, Oregon, 120 physicians and clinicians were given a task very different from anything they might encounter in a clinic: to record in writing the names of everything red they saw — for 10 minutes.

Roaming was OK; talking was not. Fanning out around Kaiser Permanente Northwest's Town Hall meeting space, attendees silently listed all items that fit the description.

“Ten minutes of red” was one in a series of exercises that facilitators Ronald Epstein, MD (author of *Attending: Medicine, Mindfulness, and Humanity*), and Michael “Mick” Krasner, MD, gave attendees to help them be more intentional — at work and beyond.

Ellen Singer, MD, family medicine physician and director of Graduate and Undergraduate Medical Education for Northwest Permanente, invited Drs. Epstein and Krasner, both based at the University of Rochester in New York, for the inaugural Northwest Permanente (NWP) Clinical Educators Conference — Teaching in Two Minds.

The conference was designed to help physicians and clinicians sharpen their ability to stay in the moment, whether they’re teaching residents, for example, or working to understand a patient’s concern. The goal of Dr. Singer and her department in sponsoring the conference is to bring great content and speakers to the Northwest region and to local education partners.

“What a joy to teach with Ron Epstein and Mick Krasner!” she said afterward. “They are incredibly skilled at helping clinicians focus on the moment.”

Suzanne Deschamps, MD, an NWP family medicine physician and co-director of NWP’s wellness program, traveled from Salem, Oregon, to attend the program. “It was a very special day,” she said. “I valued the opportunity to practice mindfulness with many of my colleagues — while sharing experiences and listening deeply to one another.”