

Appreciative Talk



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Schwartz Center Rounds:

A Focus on the Human Dimension of Medicine, Coming Soon to UVa

Founded in 1995 by Kenneth Schwartz, the Schwartz Center for Compassionate Healthcare's mission is to "promote compassionate healthcare so that patients and their professional caregivers relate to one another in a way that provides hope to the patient, support to the caregivers and sustenance to the healing process."

Inspired by Mr. Schwartz's own healthcare experience, the Schwartz Center's programs work to nurture the compassion in medicine, and encourage the caregiver-patient relationships that made such a difference to Mr. Schwartz during his illness.

Schwartz Center Rounds offer healthcare providers a regularly scheduled time during their fast-paced work lives to openly and honestly discuss the social and emotional issues that arise in caring for patients. The premise is that caregivers are better able to make personal connections with patients and colleagues when they have greater insight into their own responses and feelings.

A hallmark of the program is interdisciplinary dialogue. Panelists from diverse disciplines participate in the Rounds, including physicians, nurses, social workers, psychologists, allied health professionals, and chaplains. After listening to a panel's brief presentation on an identified case or topic,

caregivers in the audience are invited to share their own perspectives on the case and broader related issues.

The first Schwartz Center Rounds at UVa will be at 12:00 on Friday, September 30th in Jordan Hall Auditorium. The topic will be from a Pediatric Critical Care case: "When Everything is Too Much."

- For more information about the Schwartz Center, please visit their [website](#).
- For a preview of Rounds, the Schwartz Center offers a [video introduction](#).
- Kenneth Schwartz's essay about his healthcare experience, published in The Boston Globe Magazine, can be read [online](#).

Schwartz Center Rounds at UVa are jointly sponsored by the Center for Appreciative Practice, Center for Biomedical Ethics and Humanities, Compassionate Care Initiative, and Professional Nursing Staff Organization.



Center for Appreciative Practice



Get Revitalized!

With participation from Anne Williams and Kristy Harvey from the Center for Appreciative Practice, University Human Resources has begun offering day-long revitalization retreats that will allow you to explore, reflect and spend important time with other like minded people who desire to be more engaged in their lives. You will be able to step outside your work world and consider ways to be more engaged through greater self awareness and personal choice. You will have a chance to relax and imagine a life that inspires and re-creates possibilities and inner longings.

Activities include an introduction to Mindfulness, Mindful Eating, Nia, yoga, and an appreciative inquiry exercise. A healthy lunch and afternoon tea are provided.

All this and the opportunity to take the power and meaning of the day into your personal and professional life, free of charge!

Upcoming dates:

2011: August 26 • November 4
2012: February 17 • May 18

All days are 9:00 – 3:00, at [A Place to Breathe](#) University employees can register via the Integrated System. Medical Center employees are asked to have patience – we'll be available to you soon!

For more information, or to schedule a retreat for your area, please contact Holly Heilberg (hh8q@virginia.edu)



Generating Positive Change: Appreciative Pebbles

In order to help you continue to build and enhance appreciative practices, this section offers tips, stories, quotes (otherwise known as Appreciative Pebbles) to help you keep the appreciative spirit alive and well within your area.

We encourage you to send them out to your entire group/department, post them on a bulletin board, share them at a staff meeting, or do all of that! And, of course, you can create your own great ideas for spreading the word.



There is no exercise better for the heart than reaching down and lifting people up.

John Andres Holmes

