

OST PSC 591

**Happiness and Emotional Resilience Promotion for
Health Care Providers**

Spring Semester- 2023

Updated: 10/22/2022

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Notice to Students: Although Elective syllabi at MSUCOM have a consistent format; vitally important details differ by Elective. For this reason, you must read the syllabus thoroughly at the onset of each elective to understand what educational activities will be provided and what is expected of you.

Section 1 – Course Information

Elective Description

Happiness and Emotional Resilience Promotion for Health Care Providers is a 1 credit-hour course that provides students with evidenced-based educational modules that were created to address the specific needs of medical students.

Since the ACGME updated training requirements for programs to directly address well-being in 2017, a majority of medical schools across the United States have incorporated wellness programming into curricula. However in March 2020 with COVID-19, within days access to in-person wellness programming for trainees across the country were largely incapacitated. However, from an osteopathic, strengths-based approach to education, students who feel better about themselves and more supported during crisis are much more likely to excel during challenges.

Medical student burnout is estimated at 49-51% during the course of medical education, and suicidal ideation is estimated at 11.2%. Burnout continuing into medical residency is directly correlated with a higher incidence of medical errors and decreased compassion in patient care. Mindfulness meditation has been demonstrated to decrease symptoms of anxiety, including when provided in training sessions for medical students. Positive Psychiatry Cognitive Behavioral Therapy exercises have proven effective in decreasing depressive symptoms and improving positive attitude, happiness and outlook on life for the clinically ill as well as for individuals without psychopathology. At MSUCOM, the Department of Psychiatry conducted a pilot research study incorporating elements of Positive Psychiatry and mindfulness. In this study, a 10-week intervention demonstrated efficacy for MSUCOM students in increasing life satisfaction and decreasing their levels of anxiety. This elective class is based on the interventions that were originally tested in our study and have been modified to fit a 4-week curriculum.

Course Goals

1. Participants will be introduced to the unique mental health challenges that arise during a global health crisis; with focus on the psychological impact of COVID on the mental health of physicians and other health care providers.
2. Students will be able to identify and name risks of untreated “burnout” in student and physician populations.
3. Students will be able to apply osteopathic principles to utilize wellness interventions for themselves as well as for future patients.

4. Participants will be able to describe basic tenets of positive psychiatry and challenges of changing from a focus on pathology to a strengths-based focus designed to promote joy and resilience.
5. Participants will be able to learn how to incorporate techniques used during these classes in their daily lives, including: life purpose visualizations, mindfulness relaxation techniques, and happiness-focused exercises.

Course Coordinator

(Note - Preferred method of contact is shown in italics)

Name: Miko Rose, D.O.
 Phone: 517-353-5035
Email: Rosemiko@msu.edu (preferred method)
 Address: A227 B East Fee Hall, East Lansing, MI 48824

Staff or Student Coordinator

Name: Miko Rose, D.O.
 Phone: 517-353-5035
Email: Rosemiko@msu.edu (preferred method)
 Address: A227 B East Fee Hall, East Lansing, MI 48824

Instructors

Name	Email	Phone	Site
Miko Rose, D.O.	rosemiko@msu.edu	517-353-5035	EL

Lines of Communication

- For administrative aspects of the Course: contact the course coordinator.
- For content questions relating to a specific lecture or topic: contact the faculty presenter for that specific portion of the course or your SE MI on-site instructor.
- For absences/missed exams (see excused absence information below)

Office Hours

Questions concerning course content may be discussed individually by making an appointment with the Faculty Coordinator, *Dr. Miko Rose, Department of Psychiatry*, by phone at 517-353-5035 or via e-mail: rosemiko@msu.edu. The course coordinator (instructor) is generally available *Thursday afternoons*, or by appointment.

Textbooks and Reference Materials

Required

- Seligman, Martin. *Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment*. Atria Books; 1st ed. [ISBN#: 0743222989]
- Morte, Sue. *The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life*. Atria Books; 1st ed. [ISBN#: 1501169300]
- Frankl, Victor. *Man's Search for Meaning*. Beacon Press, 1st ed. [ISBN 10: 0807014273, ISBN 13: 9780807014271]

Recommended

- Shimoff, Marci. *Happy for No Reason, 7 Steps to Being Happy from the Inside Out*. Atria Books; 1st ed. [ISBN#: 1416547738]
- Southwick and Charney. *Resilience: The Science of Mastering Life's Greatest Challenges*. Cambridge University Press; 1st ed. [ISBN#: 0521195632]

Optional

- Mindful Awareness Research Center, at Marc.ucla.edu: mindfulness/visualizations exercises online (and via podcast).

Elective Schedule

This elective is presented for 4 consecutive weeks. Class sessions will take place, virtually via zoom. Link to be provided once registered for course. General scheduling for the educational activities of this elective are as follows:

Day/Date	Times	Required Activities	Specific Information
Tuesday 1/9/2023	5:00pm-6:30pm	Week 1: Introduction to Positive Psychiatry and Mindfulness/Introduction Homework: <ul style="list-style-type: none">• Write a list of at least 5 positive outcomes you would like to have in your life at the completion of this class.• Repeat exercise of mindful eating at least once this week. Start mindfulness practice log (handout and materials distributed during class).	Positive Psychiatry: This will be a general introduction to the weekly topics to be covered and an outline/overview of the class and how it will work, including an overview of positive psychiatry. Mindfulness: The introductory topic will be mindfulness, defined as "being fully aware of whatever is happening in the present moment, without filters or the lens of judgment." ¹ This introductory session on the topic will include an explanation of mindfulness, as well as an

¹ Bob Stahl, PhD and Elisha Goldstein, PhD, *A Mindfulness-Based Stress Reduction Workbook* (Oakland, CA: New Harbinger Publications, Inc, 2010)15.

Day/Date	Times	Required Activities	Specific Information
			<p>exercises to demonstrate theory.</p> <p>Energy Codes.²: Introduction to breath, focus and centered breath. Subject-object-subject, and Mulabandha/Root lock. Mindful Eating.³ Please see attachments for a copy of the text that will be used for this exercise, taken directly from an introductory mindfulness textbook (pages 18-19).</p>
Tuesday 1/16/2023	5:00pm-6:30pm	<p>Week 2: Vision/Goals/Hopes for the Future and Energy Codes Practices for Peak Performance</p> <p>Homework:</p> <ul style="list-style-type: none"> • Take one action step towards the chosen goal from vision exercise. • Practice mindful observation of thoughts. 	<p>Positive Psychiatry/Vision: The focus of this week will be goals and hopes for the future. We will ask students to write down a list of hopes and goals that they have—both for the short and long term. ⁴ The activity of generating a list of things that give hope is listed in a CBT text (footnoted below), and after explanation and some time to write this list, students will be asked to select one goal (either short or long term) and write down next steps that they can take towards that goal. They will then be given time to write down both things that they can do that will help attain the goal, as well as potential pitfalls and concerns that may be blocking attainment of said goal. Students will be encouraged to write down action steps to help them move towards their chosen goal.</p> <p>Energy Codes: Central Channel breathing exercises,⁵ practice and demonstration for peak performance.</p> <p>Mindfulness: Students will be introduced to mindfulness practice of observing thoughts,</p>

² Sue Morter, DC, The Energy Codes: The 7-Step System to Awaken Your Spirit, Heal Your Body, and Live Your Best Life (New York, NY: Atria Books, 2019) 101-104, 104-106.

³ Stahl 18-19.

⁴ Jesse Wright, PhD, Donna Sudak, M.D., Douglas Turkington, M.D., Michael Thase, M.D., Cognitive-Behavior Therapy for Brief Sessions: An Illustrated Guide (Arlington, VA: American Psychiatric Publishing, Inc., 2010) 4-5.

⁵ Morter 110-114.

Day/Date	Times	Required Activities	Specific Information
			with description and practice of this technique during class.
Tuesday 1/23/2023	5:00pm-6:30pm	Week 3: Identifying Your Signature Strengths and Mindfulness of Sound Homework: <ul style="list-style-type: none"> • “Write Down Your Personal Philosophy”⁶ After reviewing from this week 1. Your list of signature strengths and focusing in on strengths that provide inspiration, and 2. your visions and goals from week 2, write down your personal philosophy of your life. This could be a few words or sentences, but should incorporate your approach/philosophy/beliefs about life and some overall sense of purpose that you feel as your role, (or that of others) in life. • Continue mindfulness practice of your choice. 	Positive Psychiatry/Signature Strengths: Based on an exercise that will be taken from a text entitled Authentic Happiness, students will be given time to complete a questionnaire and evaluate their strengths. After the questionnaire is completed, criterion (also outlined in this text and included in attachments ⁷) will be described to pare down identified individual key strengths to those that provide individual feelings of mood elevation and inspiration. Energy Codes: Solar Plexus Breath, ⁸ breathing exercise and visualization to enhance self-compassion and clarity Mindfulness: Introduction to mindfulness of sound, and mindfulness practice during class
Tuesday 1/30/2023	5:00pm-6:30pm	Week 4: Your disputation record-Examining the Evidence, Chemistry Codes for Healing and Integration/Class Summary 😊 Homework: <ul style="list-style-type: none"> • Pick 1 additional event/adversity and repeat this technique for re-framing an event. • Continue mindfulness practice of your choice. Conclusion/Group sharing and Mindfulness Integration to daily practice Positive Psychiatry and Mindfulness Group Discussion: Discussion will be focused on group sharing from each student identifying the most helpful tools they gained from this class. Students will be asked to make a list of 5 most useful tools that they can now incorporate into their daily/weekly lives. We will then present a	Positive Psychiatry/Energization of Reframing an adverse event: This session will focus on trouble-shooting existing negative core beliefs that have come up during previous sessions. Identify events that have caused key fears/doubts/beliefs that are “road blocks” keeping you from experiences of happiness in your life? Write about some of these negative experiences and create a list. Then, pick the strongest belief and use for examination (or one that is comfortable to do in class). This thought will be worked through using the ABCDE cognitive re-structuring ¹⁰ by writing about an events and re-

⁶ Jesse Wright and Monica Basco Getting Your Life Back (New York: Simon and Schuster, Free Press, 2002) 292.

⁷ Seligman 134-161.

⁸ Morter 214-215.

¹⁰ Seligman 97-101.

Day/Date	Times	Required Activities	Specific Information
		<p>summary/highlights from the class. Session will end with students writing themselves a letter of encouragement, and including the list they just wrote into this letter</p> <p>Homework (2 parts):</p> <ul style="list-style-type: none"> Part one: Write five things you are grateful for every day, ideally at the same time of day. Part 2: "Extra-credit"-optional: send the letter, or ask to meet with that person (without telling them why, just say you'd like to meet), and then read them the letter in person. Exercise taken from text⁹ (included in attachments). Continue mindfulness practice of your choice. 	<p>framing: Adversity, Beliefs (surrounding the event), Consequences, Disputation (evidence contrary to existing negative thoughts and assumptions surrounding event), and Energization (insights promoting a positive framework/approach in conclusion). *copy of exercise included in attachments (written by Dr. D'Mello).</p> <p>Energy Codes: The Chemistry Codes Practices-introduction to food based practices to increase physical energy and catalyze healing.¹¹</p> <p>Mindfulness: Exercise, "Mindfulness of Breath, Body, and Sound Awareness Practices." Positive Psychiatry/Gratitude: Students will learn about the power of thoughts, and positive focus on identified outcomes, with in-class examples and exercises demonstrating this work.</p> <p>Guided visualization: students will re-visit a prior guided imagery process and select an individual for whom they feel the most gratitude in their lives. At the conclusion of this exercise, students will be asked to write a letter of gratitude.</p> <p>Energy Codes: Take It To the Body,¹² physical grounding exercise to relieve emotional distress and improve intuition.</p> <p>Mindfulness: Meditation, Mindfulness of Emotions</p>

Required Exams/Assessments

There will be no examinations given in Happiness and Emotional Resilience for Health Care Providers this semester. Your score on the final assignments and attendance will determine your grade in the course. The assessment schedule is as follows:

⁹ Seligman 74.

¹¹ Morter 244-250.

¹² Morter 130-135.

Required (if applicable)	Projected Points	Material to be Covered
Attendance	75	Attendance of at least 3 of 4 lectures (or via viewing replay)
Mission Statement	15	Write future physician personal mission statement (due at course completion)
Mindfulness Log	10	Turn in mindfulness tracking log (due at course completion)

Required Proctoring Arrangements

N/A

Elective Grades

A student's course grade is determined by the following formula:

$$\frac{(\text{exam 1} + \text{exam 2} + \text{Workshop} + \text{Unit Exam 1})}{(\text{total points possible})} \times 100\% \\ = \text{Final Percent Score}$$

- **P-Pass**—means that credit is granted and that the student achieved a level of performance judged to be satisfactory by the instructor. To obtain a “P” grade for this course, a student must obtain 70% or a total of 70 points.
- **N-No Grade**—means that no credit is granted and that the student did not achieve a level of performance judged to be satisfactory by the instructor. A student who accumulates less than 70 points or an accumulated score below 70% will receive an “N” grade.
- Remediation - Since Electives in the MSUCOM preclerkship curriculum are optional, Students are not required to remediate the elective if an “N” grade is received.

Student Evaluation of the Course

We want your feedback on how to improve this course.

- Informal Feedback: Feel free to approach the Course Coordinator, Dr. Miko Rose, or any of the other course faculty with your reactions and suggestions. Or write out your comments and email them to the Course Coordinator or Faculty. From time to time, we may also convene focus groups of students, as an additional way to elicit your opinions and suggestions.
- Formal Evaluation (n/a): In addition to the above, we ask every student in the class to complete formal on-line Elective evaluation upon conclusion of the Elective. Student Elective evaluations are highly recommended. Student feedback provides Elective Coordinators with valuable information regarding their performance, the performance of their instructors and the quality of the Elective. The information gained from these evaluations is used to continuously improve future offerings of this Elective.

Section 2 – Policies

Please refer to the <https://com.msu.edu/current-students/student-handbook-course-catalog> for these and other policies.

Academic Honesty and Professionalism

Every student is responsible for their behavior and is expected to adhere to all MSU and MSUCOM policies of academic honesty and professionalism, as outlined in the MSUCOM Student Handbook and the MSU Medical Student Rights and Responsibilities. These documents may be found on the MSUCOM website. Additional guidance on academic integrity may be found on the MSU Ombudsperson's website at <https://ombud.msu.edu/resources-self-help/academic-integrity>.

Incidents of academic dishonesty or professional misconduct will be addressed by the faculty, administration, or staff; such action may include, but is not limited to: giving a failing grade, referring a student for judicial review, directing the student to the Associate Dean of Medical Education, evaluation by the Committee on Student Evaluation, and other actions outlined in the Medical Student Rights and Responsibilities document.

Types of Class Sessions

MSUCOM designates lectures and other class sessions by their delivery method. While additional terms may be used in a specific course, the following will provide general guidance to the type of session:

- Live or livestream lecture: broadcast at a designated time; intended to be viewed synchronously
- Online Lecture: recorded content, may be viewed asynchronously
- Webinar: more interactive session where student participation is expected
- Lab: may refer to on-site clinical skills training or online lab session; see details

Changes to Course Schedule or Requirements

Due to external circumstances, the course requirements published in the course syllabus and/or course schedule may be subject to change. Timely notification Communication regarding changes will be provided to enrolled students via the course D2L site and/or email. Any changes made will consider the MSU Code of Teaching Responsibility and the MSU Medical Students Rights and Responsibilities.

Mandatory and Optional Class Sessions

All lectures and other class sessions are considered to be integral to the course, and students are expected to attend, view, or participate in each session. Some sessions are designated as "mandatory" in that attendance at the session on the scheduled date and time is required. Depending on the course, a student may earn points for attending or participating in a mandatory session or may lose points for failing to attend or participate. Availability of make-up points for missed sessions is at the discretion of the course coordinator. Optional class sessions are offered by faculty to assist students in learning or reviewing course content.

Absences from Mandatory and Examinations/Assessments

It is the responsibility of the student to know which class sessions are deemed as mandatory and comply with the MSUCOM policy regarding absences from mandatory sessions and examinations. This policy may be found in the MSUCOM Student Handbook on the MSUCOM website. Requests for an excused absence must be submitted via the [student portal](#).

Computer-Based Testing

It is the responsibility of each student to know and comply with the MSUCOM policy on computer-based testing. This policy may be found in the MSUCOM Student Handbook on the MSUCOM website.

Administration of quizzes, examinations, and other assessments may be self-proctored, virtual proctored, or classroom proctored. Regardless of the proctoring method, you are expected to take the exam in a quiet, private setting. Just like in a proctored exam, you are not to access notes, textbooks, references, your phone, or other materials, and you are not to interact with fellow students or others. Remember that integrity is defined as what you do when no one is looking.

You are also expected to not record, photograph, take screen shots, make notes of, or otherwise attempt to make a copy of any exam item for any purpose, including your personal use. A student who is discovered to have cheated or breached exam security will be subject to formal disciplinary action, up to and including dismissal from MSUCOM.

If you have concerns or evidence of an exam security breach on this or any exam, you may report that to an MSUCOM administrator or through the online concern form.

Medical Student Rights and Responsibilities

If problems arise between instructor and student, both should attempt to resolve them by informal, direct discussions. If the problems remain unsolved, the Associate Dean for Medical Education and/or the MSU Ombudsperson may be consulted. The MSU Medical Student Rights and Responsibilities (MSRR) document defines processes for additional steps, including submission of a formal grievance. The MSSR may be found in the MSUCOM Student Handbook and online at splife.studentlife.msu.edu.

Reef Polling (iClicker Cloud) Policy

It is your responsibility to know and comply with the Reef Polling (iClicker Cloud) Policy. This policy may be found in the MSUCOM Student Handbook. If you forget your device or if it does not work, for whatever reason, no make-up experiences will be provided, and no points will be given.

If Reef Polling is used to take attendance for an on-campus event, you will be expected to arrive to the physical location on time and to stay for the duration of the assigned activity. If Reef Polling is used to take attendance for an online event, you will be expected to start the session at the scheduled time and participate for the duration of the assigned activity.

As a matter of professionalism, please note that under no circumstances should you provide access to their iClicker Reef account to another student by sharing your device and/or account login, nor should you accept another student's device or login credentials to access Reef Polling on their behalf. Answering questions or checking in for attendance on behalf of another student by using their device or account is considered to be academic dishonesty and may result in disciplinary action up to and including dismissal from the college.

Remediation

The MSUCOM Policy for Retention, Promotion and Graduation requires successful completion of each required course to progress in the curriculum. Remediation is not available for preclerkship electives.

Student Safety and Well-being

The MSUCOM website and Student Handbook provide information on student safety, campus security, access to medical care and counseling services, and to policies on injuries and exposures. If you have an injury or acute illness on campus, an incident report should be completed. The form is available on the MSUCOM intranet or from Academic Programs.

Academic Support Resources at MSUCOM

As a way to acclimate you to the curriculum at MSUCOM, we have created a program called On Target: <https://michiganstate.sharepoint.com/sites/OnTargetforAcademicSuccess>

On this site you will find semester roadmaps which gives a general overview of each semester, tools needed to be successful in the curriculum and targeted resources for your unique learning situation. In each semester's road map, you will also find course expectations, tips for success, potential trouble spots, longitudinal course integration, and specific course study guides.

Requests for Accommodations

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities. Requests for accommodations by persons with disabilities may be made by contacting the Resource Center for Persons with Disabilities (RCPD) at 517-884-7273 or online at rcpd.msu.edu. Once eligibility for an accommodation has been determined, you may be issued a Verified Individualized Services and Accommodation (VISA) form. Each VISA includes an expiration date; to request an accommodation, you must have an active VISA. You may work with RCPD to renew a VISA.

During the preclerkship curriculum, the college will help to coordinate accommodations for additional testing time. Provide your VISA to Nancy Thoma, thoman@msu.edu, A333 East Fee Hall at the start of the term and/or at least two weeks prior to the assessment event (test, project, labs, etc.). Requests for accommodations received with less notice will be honored whenever possible. You may choose whether or not you wish to use accommodations for a particular event. For other accommodations, you may also review your VISA with the course coordinator and curriculum assistant assigned to that course.

Title IX Notifications

Michigan State University is committed to fostering a culture of caring and respect that is free of relationship violence and sexual misconduct, and to ensuring that all affected individuals have access to services. For information on reporting options, confidential advocacy and support resources, university policies and procedures, or how to make a difference on campus, visit the Title IX website at titleix.msu.edu.

Limits to confidentiality. Essays, journals, and other materials submitted for this class are generally considered confidential pursuant to the University's student record policies. However, you should be aware that University employees, including instructors, may not be able to maintain confidentiality when it conflicts with their responsibility to report certain issues to protect the health and safety of MSU community members and others. Instructors must report the following information to other University offices (including the Department of Police and Public Safety):

- Suspected child abuse/neglect, even if this maltreatment happened when you were a child;
- Allegations of sexual assault, relationship violence, stalking, or sexual harassment; and
- Credible threats of harm to oneself or to others.

These reports may trigger contact from a campus official who will want to talk with you about the incident that you have shared. In almost all cases, it will be your decision whether you wish to speak with that individual. If you would like to talk about these events in a more confidential setting, you are encouraged to make an appointment with the MSU Counseling and Psychiatric Services.

Addendum: Course Schedule

The course schedule for the current semester will be posted to D2L. Changes to the course schedule will be noted on the class academic calendar (“Google calendar”) and communicated to students via D2L and/or email. The schedule for the most recent offering of this course will be posted on the MSUCOM website under Current Students/Preclerkship Curriculum.