Rachel Naomi Remen, MD: Basics of Discovery Model Learning

Rachel Naomi Remen, MD, is clinical professor of Family and Community Medicine at UCSF School of Medicine and the founder and director of the Institute of Health and Illness (ISHI) at Wright State University Boonshoft School of Medicine in Dayton, Ohio. She is one of the pioneers of relationship centered care and integrative medicine. The Healer's Art, her ground-breaking curriculum for medical students, is now taught yearly in more than half of American schools and in medical schools in seven countries.

In this video, Dr. Remen gives an overview (and some experiences) of the discovery model curriculum for medical students. She has developed this experiential model to create a community of inquiry in which mutual healing, clarification of deep meaning and values, and personal transformation become accessible. Her discovery model philosophy is integral to the work of Commonweal Cancer Help Program and Healing Circles.

00:30 Introduction
02:00 The Discovery Model is a group process.
05:30 Many cancer groups are informational
08:20   Discovery Model Learning is radical
13:00 What we have learned from teaching Discovery Model Learning
17:30 Techniques behind Discovery Model Learning
31:35   Discovery Model Learning Sessions—habits of interactions
40:30 Discovery Model Learning origins
45:05 Approaches to Discovery Model Learning
49:28 A cancer surgeon's journaling experience
53:30 DML and Journaling exercise
01:02:00 More DML Techniques
01:12:00 Rituals: Making the invisible visible
01:20:09 The expansion experience
01:27:00 Getting in touch with your power to heal
01:34:40 Use of poetry in DM
01:43:30 Creating affirmations at the close of the DML group