

Adaptive Mentorship Training Workshop

In November 2022, the Collaborative Mentorship Network for Chronic Pain and Addiction (CMN) held the Adaptive Mentorship Training session to provide an opportunity for up to 30 mentors to upgrade their mentorship skills.

The full-day workshop was facilitated by Dr. Arun Radhakrishnan, a medical director with the Centre for Effective Practice (CEP), leading the development of a national project to expand the use of Adaptive Mentoring across the country. Additionally, he is also working with the CEP as the Clinical Lead on the development of a National Best Practices Framework for Chronic Pain focused Clinical Decision Support Systems.

Training consisted of facilitated breakout rooms and focused on three types of mentoring models—one-

on-one mentoring, small group mentoring, and virtual mentoring.

The workshop also introduced the group to the concept of compassion and compassionate care and how it can enhance a mentorship environment. The group was presented with a number of interventions that could support compassion in developing mentoring relationships and health care in general.

Using a Balint discussion, participants broke into small groups and explored how one could show compassion to one another. The Balint discussions gave participants a safe space to share their stories and experiences while the group focused on adopting compassionate approaches through validation, empathy, and a non-judgmental environment that encouraged new perspectives and coping strategies.

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“I liked the compassion section ... My mentee is showing signs of compassion and looking for validation that she is on the right track--this is incredibly cool.”

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“Learning and experiencing the Balint group process was very useful in averting burnout in family physicians - thinking, especially if it was facilitated by a mental health practitioner. It would be good to implement some mindfulness practice at the end or beginning or both at each session - to ground everyone into the spirit of self-care - which I feel Balint process does a good job of.”

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“Wanting to learn more about Balint Group processing and hopefully participate or facilitate such groups.”

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“This was an excellent day spent on building rapport and getting to know the community as well as learning about the valuable resources offered by CMN. Thank you so much for the work you all do.”

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ALBERTA COLLEGE of
FAMILY PHYSICIANS



COLLABORATIVE
MENTORSHIP NETWORK
for Chronic Pain and Addiction