

**Can mindfulness practice with Tao Calligraphy bring sense of satisfaction and fulfillment for healthcare providers and clinical research workers and provide a sense of belonging and community among breast cancer patients?**

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**Background:**

The authors describe their personal experience while conducting research and leading group mindfulness practice sessions with breast cancer patients

**Main Concept:**

Caring for breast cancer patients has challenges and demands that lead to burnout and frustration in both healthcare providers and patients. Professional guidelines that involve boundaries and standard approaches and clinical research with its zeal for standard research methodologies have reduced essential aspects of human interactions.

Caring for patients suffering from cancer causes physical, psychological, and emotional stress in healthcare providers.

These factors leave cancer patients feeling lonely, isolated, and fearful.

Can mindfulness practice with Tao Calligraphy bring people closer together and increase provider and patient satisfaction with breast cancer care? Three women conducted a study incorporating integrative medicine in the form of mindfulness practices with patients receiving conventional breast cancer treatment.

**Description:**

The cancer research project was done as a part of a PhD thesis. Two volunteer facilitators and one researcher conducted mindfulness group practice sessions with 20 breast cancer patients using Tao Calligraphy and mantra chanting 5 times/week for 6 months.

The researchers felt inspired and found purpose in what they did to guide and support other women in difficult situations. The human connection, support, love, and care created a close comradery within the team that was truly cherished and heart touching. The women in the study felt that they could share their thoughts, fears, struggles and successes openly with the group and found this immensely helpful in their journey with breast cancer.

**Significance:**

Including mindfulness practices with Tao Calligraphy provided a positive environment for human connection that essentially led to a healing process for both researchers and patients. Researchers felt connected and deeply fulfilled and research subjects felt loved and cared for.

**Key Words:** Tao Calligraphy; Mindfulness; Breast Cancer; Integrative Medicine

**Presentation Type:** Individual oral presentation – a presentation of information by one speaker (Duration: 15 minutes)

**Topic:** Non-Research Arts & Health

## **Biography:**

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