

## AWAKENING THE SENSIBLE BEING (ASB) AS EXPERIENCED BY PHYSICIANS: DEVELOPMENT OF A THEORETICAL MODEL

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### **Background / Purpose**

**A**wakening the “Sensible” Being (ASB) is a formative practice geared toward care giving and support. It examines how experiencing one’s own body and its movement stimulates the development of self-awareness and awareness of others, both of which are desirable qualities for healthcare professionals. To our knowledge there is no theoretical model regarding the process that occurs and its potential effects on participants.

Based on our research with physicians having undergone ASB training, we developed such a preliminary model.

### **Methods**

Grounded theory was used for a secondary analysis of thesis data (Lachance 2016). This analysis was inspired by the relationship between learning and caring (Honoré 1992, 2003) and the integration of consciousness according to Newman’s (1990, 1997) concept of health.

## **Results**

The model is one of concentric circles. ASB training fosters the development of an internal dialogue in individuals (center of the model) which has effects on their personal life and by ricochet, their professional activities (periphery of the model). Their expanded sense of self-awareness and quality of “savoir-être” brought on by the training contributes to their impression of “feeling whole” and provides them with a quality of presence that influences the type of care they can provide to their patients by considering the individual as a whole.

## **Conclusion**

Behind a physician, there is a human being with human qualities enabling them to be a better physician. Our model underlines the importance of developing the inner self as a background to becoming a better health professional. ■