

Appendix 1

Braid Sharing Circle: Quick facts

WHO: Physicians, residents, students

WHAT: Confidential Peer Support Sharing — a blend of Aboriginal ideology that is catered to the medical profession.

WHERE: Book a small room with chairs once every 2 weeks for 1 hour. Encourage people to bring refreshments.

HOW: Ground rules: confidentiality, no interrupting, and no discussions until the group takes a break. Start with one individual (preferably someone who has been to the circle before). Move clockwise. Individuals can share, or pass. After everyone in the circle has had an opportunity to share take a 5 minute break. Return promptly for a second round of sharing. In the second round people tend to incorporate other peoples insights to their personal stories, so a 2nd round is helpful. If your group is large, one circle may be all that time allows. Be flexible.

WHY: Sharing with individuals who have a similar experience tends to connect people and this circle is an example of an idea that may help reduce physician stress, burden, and help to acknowledge the gifts and difficulties that physicians face daily.