

HEART-IM 2020 Student Feedback

“Woah, where do I begin? HEART was **by far my favorite month of medical school**. It brought together so many wonderful humans (both students and faculty) to discuss so many topics that **will help me be the healer I want to become**. I absolutely LOVED the opportunity to connect with people who share my passions and who I know will do amazing things in this world. This was the perfect transition from medical school to residency. It was an opportunity to reflect on what these last few years have been, and to reignite my fire and begin residency with a full heart.”

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“HEART-IM was an incredible experience. We explored all the topics I wish we'd studied throughout medical school: nutrition, integrative medicine (especially for the underserved), osteopathy, naturopathy, resiliency training, the changes we go through during our medical training and how to adapt to them, health advocacy on state and federal levels—all while creating a supportive community in which to learn from mentors and from each other. **I feel empowered and excited for residency and beyond**, knowing that I have this amazing community of people supporting me!”

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“I absolutely loved being with everyone, and the sessions were great. **It felt like coming home** to lots of concepts and ways of being I know are great for us as individuals and will make us that much greater as providers.”

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“HEART was inspiring in the fact that it was a really challenging set of circumstances in which to build close community, and yet we somehow still did it. The energy in our Zoom calls was unlike anything I have experienced before. It was clear that the HEART magic was still alive and that we were all there to learn from and grow with each other. **Rarely have I felt such support and never in a medical setting**. I am so incredibly thankful for the connections with my fellow HEARTies and I know that we will continue to be a source of support and sustenance for each other throughout residency. <3 <3”

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“Fantastic experience. **Learned so many different approaches to healing**, many which I had no experience with before. Lots of amazing self-growth tools learned as well. The best part was the people—everyone was amazing! Looking forward to keeping in contact with everybody and keeping HEART alive. So thankful to all the planners for making it work this year despite all the challenges. Really worth it!”

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“HEART-IM was one of the greatest experiences I've had in my journey into medicine so far. It is truly an honor to be a part of this class of 2020 HEARTies, and to join the ranks of HEART alum that are all over the country, continuing to practice integrative medicine in a variety of settings. **I loved that we had a diverse group of MD, DO, and ND students to not only learn with, but also learn from.** The speakers all did an amazing job adapting their lessons to the online format, as did all of the students, who put in the effort to make the HEART experience still feel so loving and connected, despite us all being scattered across the country. I am so excited that our HEART group has unanimously decided to consistently stay in touch as we each enter the next phases of our training and residencies. <3”



“Best rotation of medical school. I would recommend HEART to every single student. Medical school is challenging and many of us leave with anxiety, burnout, and imposter syndrome. This elective helped me re-find who I am deep down, establish balance, create new self-care skills, reignite my passions, become a more compassionate loving provider, and learn skills in integrative medicine, advocacy, and reflection. **I am now the person I want to be going into residency** and I am so excited!”



“HEART has been life-changing. When I was introduced to HEART after my first year of medical school, I knew I had to schedule it into my 4th year. I had heard so many things about people losing their light in medical school, and I wanted to make sure I gave myself time to realign with my priorities, my life, my passion for practicing medicine, prior to residency. My experience was all that and so much more. **I grew leaps and bounds personally and professionally.** The best part was that this was all in the context of a loving group of 17 other medical students, and I'm beyond grateful to have this community going into residency.”



“I loved participating in HEART this year. It came at a time when I was deep in self-reflection and I was glad to have met so many great people during this time. I cherish the many connections that I made and anticipate staying in contact with many of them going forward!”



“There were several big impacts HEART had on my life that I think will be long lasting. It gave me the ability to recognize the allopathic medical lens that I have and acknowledge the fact that **there are other ways of knowing and other ways of healing** that are also good and valid in their own right. It gave me some ideas for the kinds of skills and perspective I want to bring into my practice, and also things I want to encourage my patients to explore that may be outside of my scope. Ben Brown's series gave me a framework that I want to try and live by, recognizing my authentic self and striving to reaffirm that self daily through systems. I learned valuable deep listening skills and a way to think about it as a meditative and spiritual practice. Finally, HEART allowed me to meet an amazing group of people. We learned from each other, we were vulnerable with each other, and **it is amazing recognizing that there are such amazing people entering the medical field.**”