SMART-3RP training has been studied in a small group of physicians at Harvard. The training showed before and after improvements in burnout scores and perceived stress scales.

SMART-3RP Overview

The Stress Management and Resiliency Training- Relaxation Response Resiliency Program (SMART-3RP) was developed at Massachusetts General Hospital’s Benson-Henry institute as a result of over 40 years of research and practice in mind-Body medicine.

The program is designed as a group course focused on helping participants to develop a menu of self-care habits. The skills are not specific to physicians, but are basic to human joy and flourishing.

The program is built around 3 key concepts:

1) Understanding the biologic principles of the stress response
2) Learning the relaxation response
   a. mindfulness based meditation
   b. mind body connection activities (yoga, tai chi, etc)
3) Increasing resiliency
   a. Developing stress awareness
   b. Learning adaptive strategies grounded in CBT
      i. Positive reappraisal
      ii. Social connectedness

Details for SMART-3RP

There will be 8 sessions in BRB 581
Dates: Thursdays starting May 31st through July 26th
(with the exception of July 5th)
Time: 4:30-6:00pm

Participants are asked to commit to attending most sessions prior to enrollment

Abigail Lenhart (GIM) and James Clements (DHM) will be leading the sessions.
Open to all DOM faculty (space is limited to 20 participants).

There is no financial cost for participation.
For more information, please contact Taryn Johnson, aab@ohsu.edu