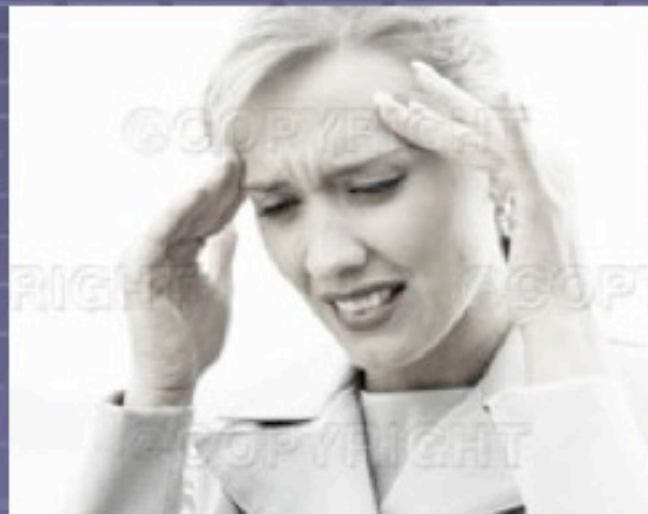


Surgical Learning

Dr. Shawn Cohen

The Surgeon and Stress



The First Step

“No matter what you do in life, if you don’t know yourself, you’re never going to be able to appreciate anything in life. That, I think, is today’s mark of a good human being - to know yourself.”

- Steve McQueen

A story is told...

- A learned man once went to visit a Zen teacher to inquire about Zen. As the teacher talked, the learned man frequently interrupted to express his own opinion about this or that.
- Finally, the Zen teacher stopped talking and began serving tea to the learned man. He poured the cup full, then kept pouring until the cup overflowed.
- “Stop”, said the learned man. “The cup is full, no more can be poured in.”
- “Like this cup, you are full of your own opinions”, replied the Zen teacher. “If you do not first empty your cup, how can you taste my cup of tea?”

**The usefulness of a cup
is in its emptiness**

On Learning



- Learning is discovery
- Discovery is uncovering our own ability;
 - Finding the means that will let us cope with a difficult situation
- All this is taking place in the *HERE* and *NOW*
- Anxiety is the gap between the *NOW* and the *THEN*
 - So, if you are in the *NOW*, you shouldn't be anxious

Open-Minded Learning

- Independent inquiry is needed in your search for truth
 - In blindly following the teacher the student's thinking becomes mechanical... his responses automatic... and thereby he ceases to expand or to grow
- Do not look for a successful personality to duplicate... be yourself, express yourself and have faith in yourself
 - "It is like a finger pointing a way to the moon. Don't concentrate on the finger..."

Patience



- One can not obtain by force something for which the time is not yet ripe
- Response-Ability: It takes time to respond with ability and it takes responsibility to know when that time comes

The Teacher as a Catalyst

- A teacher is like a signpost for a traveler
 - It is up to you to decide on the direction
- The role of a teacher is to provide an experience and not a conclusion
- The teacher helps you discover and examine a problem by awakening your awareness for their cause and effect
- There is no one way to act that will work in all cases
 - Each case will demand that you adapt
 - This process occurs in the present and calls for a surgeon that is aware

3-Step Plan

- Phase 1: July-October (4 months)
 - Learn steps, different methods for each
- Phase 2: October-March (6 months)
 - Gain experience
 - Try every one's method
 - Increase numbers (50 cases)
- Phase 3: March-June (4 months)
 - Assimilate what you have learned into your own technique
 - Aim for at least 100 cases
 - Please come to me for guidance
 - Advanced refinement of individual obstacles
 - Make your way better