

## Conflict Transformation Reflection Activity

### Conflict Transformation slide show activities

Reflection:

1. Interprofessional conflict: **A quotation from KrisEmily McCrory, MD, a family medicine physician based in Schenectady, N.Y., is as follows (7): “I think the biggest challenge is that doctors are no longer in charge. But at the same time it is our licenses and our liability [at risk].”**

- a. What is your reaction to this quotation?
- b. What worries you about interprofessional conflict in your workplace?

2. **Think about the last time you had an appointment with a healthcare provider and discussed a health concern or therapy...**

- a. Did you feel empowered to ask questions?

3. **Think about a time when you were concerned about a health issue for yourself or a family member**

- a. How and where did you seek more information on choices for care?
- b. What was your agenda?
- c. What was the healthcare provider’s agenda?
- d. How might this extend to people with less health literacy or access to information?

**We invite you to explore your automatic and physiologic responses to conflict. Developing awareness will help you develop a deep understanding of your influence on conflict and your feelings about conflict. The emotions that you demonstrate in conflict may cause you to feel like you have lost respect, dignity, agency, confidence, or even ability. Your physiological responses to conflict may cause you to lose your sense of control, safety, or capabilities. The feelings you have about your reaction to conflict have a long-lasting impact on how you feel about the conflict itself.**

4. **In a conflict situation, your emotional responses may include anger, sadness, or calmness, just to name a few.**

- a. Think of a word that best describes your emotional reaction to conflict and write it down.