

There are no taboos

At times, sharing challenging experiences with friends or family may not feel sufficient. This seminar offers a space where students can openly share and express their thoughts and feelings. Every issue, no matter how big or small, is given space and importance. Participants are also welcome to simply attend and listen.

Target groups

- All doctoral students at the Medical University of Vienna interested in personal growth and development.
- All doctoral students at the Medical University of Vienna who wish to reflect on a challenging situations encountered during their studies.
- All doctoral students at the Medical University of Vienna who wish to reflect on a difficult experiences from their daily work routine.



Instructor

Klaus Michael Fröhlich

Specialist in Internal Medicine and Intensive Care Medicine, Supervisor, Coach, Analytical Psychologist, and Psychotherapist

Group size

Minimum: 3 participants

Maximum: 15 participants

Registration

Please register via email at medizindidaktik@meduniwien.ac.at no later than Monday at 12:00 for the upcoming session.

Dates

Winter Semester 2024/25

15. October 2024 – in person
12. November 2024 – online
10. December 2024 – in person
14. January 2025 – online
28. January 2025 – in person

Summer Semester 2025

25. February 2025 – online
25. March 2025 – in person
29. April 2025 – online
13. May 2025 – in person
24. June 2025 – online

Time: Tuesdays, 3:00 - 6:00 pm

Each participant is allowed to join multiple sessions. The in-person sessions will take place at the Teaching Center with the exact room details provided closer to the event.

This seminar is exclusively available to students enrolled at the Medical University of Vienna.



TEACHING CENTER
MEDICAL UNIVERSITY OF VIENNA

Academic year 2024/25

Selfcare for PhD-Students

Supervision: Navigating challenging experiences

www.meduniwien.ac.at/selfcare-en

What is selfcare?

As a PhD-Student, you encounter numerous challenges throughout your studies. You are required to manage extensive coursework, engage in patient care, navigate hierarchical systems, and adapt to their developing role as a scientific professional. These demands can lead to stressful situations, which could leave a lasting impact your future career.

Selfcare involves prioritising one's well-being through greater self-awareness. Supervision is the key to cultivate self-awareness, offering professional guidance that encourages thoughtful reflection on one's actions and decisions. As a result, supervision helps maintain and enhance the quality of the professional environment.

The group setting provides a safe space to share and process personal experiences. Individual strengths and resources are highlighted, fostering personal growth. This nurtures emotional intelligence and deepens the understanding of both oneself and others.



“One day you will tell your story of how you overcame what you went through and it will be someone else’s survival guide.”

Brené Brown

What to expect

In a small group, students are invited to contribute at their own pace. Silent participation is equally welcome as an open discussion about current experiences. Within this shared environment of resonance, coherence and trust, participants experience a sense of being acknowledged and appreciated the way they are. The group encourages a renewed sense of joy and vitality, leaving participants feeling reenergised and at peace by the end of the session.



„Know all the theories, master all the techniques, but as you touch a human soul, be just another human soul.“

C.G. Jung