



### **Undergraduate Narrative Award Honouree 2020/21**

### **Dr. Stephen Liben**

*The CSPCP Undergraduate Education Committee selects an individual each year who has made a significant contribution to palliative care. This person is invited to participate in the judging process that year and to present the award to the winner.*

Stephen Liben is a Professor of Pediatrics in the Faculty of Medicine of McGill University. After his pediatric residency he sub specialized and practiced pediatric critical care for 10 years and found that alleviating suffering (both his patients' and his own) was more challenging and complex than he ever imagined. He found his way into what was then the new field of pediatric palliative care and he has been the Director of the Montreal Children's Hospital Pediatric Palliative Care Program since 1995.

He was fortunate to have stumbled into a mindfulness-based stress reduction course early in his medical career and from that point forward he found that mindfulness practice has been the most important and effective way to help reduce suffering.

Seeing how it is the stories we tell ourselves about what happens that determines so much of our lived experience he found himself asking: "How can I bring what I and others have benefited from in mindfulness practices and narrative medicine to physician education?" His answer was to co-develop a mindful medical practice (MMP) core curriculum course for McGill medical students as part of his work in McGill's Programs in Whole Person Care and to co-author the MMP course guidebook "MD Aware" published by Springer in the Fall 2019.

He is married to Krista Lawlor, is the father to Joshua, Michael and Hannah, and especially enjoys spending time at a lakeside cottage in the Laurentian mountains.