

The BHMA Student Essay Prize – £250

Closing date: Tuesday, 31st March

For the ninth year, the British Holistic Medical Association prize of £250 will be awarded to the undergraduate healthcare or medical student who submits the best 1,500 word essay as follows:

See below for a list of eleven adjectives that describe aspects of what it is like to be holistic in healthcare. Please choose ONE of the bolded adjectives and write about how it contributes towards a holistic approach. We are looking for stories that illustrate one of these themes via your personal or professional life.

1 Connected: relate, respect difference, collaborate, co-create, inspire, tell stories, contextualize, trust, embrace complexity, nourish, be generous, notice the natural environment, love, be vulnerable, be alongside.

2 Compassionate: take notice, imagine, empathize, care, connect, feel, respect, nourish, value dignity, be kind, love.

3 Self-caring: know yourself, be vulnerable, be coherent, be self-compassionate, care, be responsible, self-regulate, respect, be self-organizing, nourish, be centred, beware of vested interests.

4 Intuitive: listen, feel, be curious, reflect, imagine, resonate, respect the tacit, accept the uncertain, reframe, improvise, create, know what is healthy.

5 Integrated: connect, listen, notice the spiritual, notice mind-body connections, embrace the whole, think ecologically, respect other ways of knowing, co-create, collaborate, network, notice the natural environment, work with intrinsic motivation.

6 Empowered: equalize, listen, inspire, share, lead, take courage, co-create, embrace complexity, hope.

7 Resilient: adapt, notice the sustainable, be coherent, enjoy uncertainty, dwell on the 'edge of chaos', be flexible, improvise, be bold.

8 Balanced: be enough, be imperfect, tolerate, be paradoxical, be contradictory, be dissonant, be centred, harmonize, beware of vested interests, know what is healthy.

9 Diverse: be complex, emerge, be resilient, be dynamic, be at the 'edge of chaos', enjoy uncertainty, network, individualize, beware of simple solutions.

10 Meaningful: individualize, be purposeful, live by values, practise sense-making, recognize the sacred, enjoy uncertainty, embrace the spiritual, seek root-causes, express intrinsic motivations, recognize vocation, know what matters most.

11 Community-minded: connect, notice context, relate, belong, embrace complexity, think ecologically, recognize social determinants of health, network, nourish, notice the natural environment, seek root-causes, be altruistic, practise reciprocity, uphold justice, pursue solidarity, beware of vested interests.

This is a good opportunity to enhance your CV. The winning essay will be published in the Journal of Holistic Healthcare and the top three entries on our website. Please submit your essay with your name, address, email, university or college course attending and year of study, and send by e-mail to:

suhillrise@btinternet.com