Narrative Medicine Workshop

WA ACP Meeting November 2024

Facilitators

* Carrie Horwitch MD, MPH
* Teacher, Mentor, Traveler, Adventurer, Dancer, Doctor, Laughter leader, Sister, Wife, Friend, Daughter, Philanthropist, Jewish, Native Phoenician, Desert lover, Favorite color is purple, Coffee drinker, Exerciser, Cancer survivor

* Gary Forbes MD, FACP
* Musician, Student, Doctor, Hiker, Husband, Father, Brother, DJ, Advisor, Transplanted Detroiter, Gardener, Cyclist, Water Baby, Cook, Optimist

Group Norms

* Narrative medicine uses storytelling and reflective practices to foster mindful listening, empathy, and collaboration to deepen the connection between healthcare professionals and patients.
* Confidential space to write and share
* A writer is someone who writes-we all have capacity to write

Group Guidelines Touchstones

* Listen and be present as fully as possible
* What is offered is by invitation, not demand
* Speak your truth in ways that respect other people's truth
* You may experience the workshop as therapeutic, but it's not therapy. We don't solicit or provide counseling or advice
* Suspend our judgements and identify our assumptions
* When the going gets rough, turn to wonder or curiosity
* Maintain confidentiality-what is said in this room stays here

Icebreaker

* Write 10 words about yourself

Objectives

* • Practice mindful listening skills through interaction with workshop participants.
* • Develop a tolerance for ambiguity by using third objects that encourage diverse interpretations with no definitive answers.
* • Facilitate collaborative interpretation and reflection, allowing participants to build on one another's insights without critiquing.

What is Narrative Medicine

* **"Narrative medicine (NM) is a framework for medicine and health sciences that values individuals' stories and experiences as integral aspects of the lived experience of health and illness." Rita Charon MD**

* Narrative Competence: the ability to acknowledge, absorb, interpret, and act on the stories and plights of others and ourselves.

* If you suddenly and unexpectedly feel joy, don't hesitate. Give in to it. - There are plenty of lives and whole towns destroyed or about to be.
* We are not wise, and not very often kind. And much can never be redeemed. Still, life has some possibility left.
* Perhaps this is its way of fighting back, that sometimes something happens better than all the riches or power in the world.
* It could be anything, but very likely you notice it in the instant when love begins. Anyway, that's often the case. Anyway, whatever it is, don't be afraid of its plenty.
* Joy is not made to be a crumb.

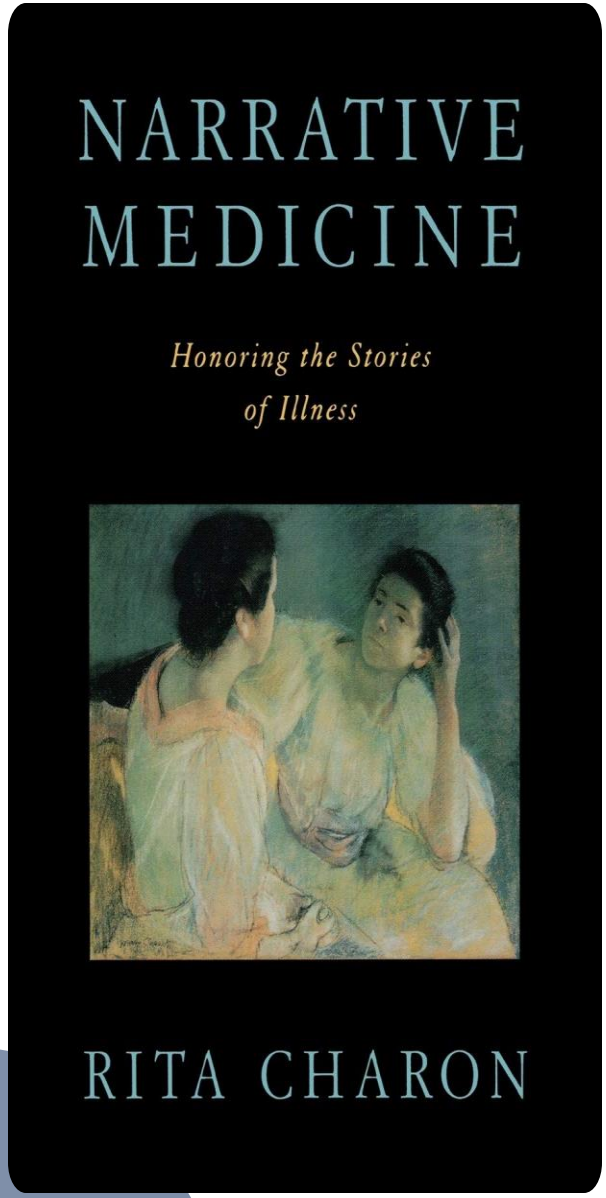
Writing Prompts
Pick one

* Write about unexpected joy
* Write about possibility

Reflection

* Tell us how you might use this reflection in your practice?

* What words would you use to describe how you feel now?



- **nwnmcollaborative.org**

- Charon,R. Narrative Medicine: A model for empathy, reflection, profession and trust. JAMA. 2001;286(15):1897-1902. doi:10.1001/jama.286.15.1897
- Remein CDiF, Childs E, Pasco JC, et al. Content and outcomes of narrative medicine programmes: a systematic review of the literature through 2019. BMJ Open 2020;10:e031568. doi:10.11136/ bmjopen-2019-031568
- Childress, AM, Poythress, EL, et al. Using Narrative Medicine workshops to improve empathy and emotional intelligence and address burnout among medical students. Academic Medicine 97(11S):p S120, November 2022. | DOI: 10.1097/ACM.0000000000004863