

2024 Pain Care Skills Training Workshop in Person

Title: Art of Narrative Medicine –

Literature and art as a tool for therapeutic alliance and self-care

Presented By: Dr. Poonam Bhatia MD
Family Medicine, Integrative Medicine, Medical Acupuncture

Offered: 20 AUGUST PM 1230-1530 ET

Location:

Course Description:

Practicing medicine in narrative context is to bring back humanity in the exam room to improve therapeutic alliance and to reaffirm our choices to be healers.

Dr Rita Charon MD describes it as a skill set of attentive listening to a closed reading of literary material, to discuss, reflect, absorb, and then be moved to action by the stories we hear.

Given our complicated patient population, increasing demands on our time, more patient visits, the recent pandemic - we are all working at the absolute limit of our capacity. Sometimes the patients don't feel heard in the short clinic visits.

NM is one way to explore our own and our patients' stories in entirety, to give meaning to suffering and get motivated to act in an empathic way.

It helps us sharpen our listening skills beyond the scientific facts and numbers and diagnosis to again seeing the patient in their cultural, social, societal context and in turn increase our therapeutic alliance with the patient.

Many of us as healers, have often given more of ourselves to others but in the long run this has left us angry, spent, helpless and isolated in this modern day rushed and fragmented healthcare. Participants will learn a new way to bring back joy and meaning in medicine, of re nourishing our spirits and reducing isolation, helplessness, apathy, and cynicism.

Being vulnerable in a supported and safe environment helps us lean on others for support and reduces the often-self-imposed load.

This will improve work relationships and nurture clinical spaces.

Objectives:

1. By the end of the training, attendees will be able to define what is Narrative Medicine
2. Have an experiential introduction to what and how tools are used in Narrative Medicine
3. Effectively utilize questions, reflections, and hold space for other people's stories.
4. Experience increased self-compassion and empathy for others.
5. Reduce sense of burnout and improve morale.

Materials:

I will bring a piece of literature/art for us to discuss.

Please bring some paper and pen (preferred) or laptop to write on.

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1230-1230 Introduction to Narrative medicine

1230-1245 Presentation of material
1245-1315 Reflection and discussion
1315-Prompts given
1315-1400 Free writing
1400-1515 Discussion
1515-1530 Closing