The scope of the health humanities is broad – encompassing topics as diverse as art, music, drama, narrative, history and philosophy. Research has shown that a study of the health humanities can help us better understand the patient’s experience of illness, and enhance our ability as health professionals to bear witness to their suffering. Also, healers who pursue their interests in creative and intellectual endeavours, both in their clinical work and their personal lives, often report higher levels of professional satisfaction, personal well-being and resilience to stress.

This one-day conference draws together clinicians, scholars and students from a broad range of disciplines, creating an environment for a rich exploration of the health humanities. Dr Allan Peterkin, founder of the Health, Arts and Humanities program at the University of Toronto, will present the keynote address. Other events include a panel discussion, presentations, interactive workshops, and a music performance.

*Please join us for this exciting opportunity to explore the health humanities!*
Keynote Speaker

Dr. Allen Peterkin, MD
Dr. Peterkin is a Professor of Psychiatry and Family Medicine, and Head, of the Program in Narrative and Healthcare Humanities at the University of Toronto. He is a founding and senior editor of ARS MEDICA: A Journal of Medicine, the Arts and Humanities and the author of twelve books for adults and children including "Staying Human During Residency Training; How To Survive and Thrive After Medical School" soon to be released in a sixth edition (University of Toronto Press).

A Humanities Toolkit For Medical and IPE Education

Exposing trainees in clinical disciplines to the arts (film, poetry, reflective writing and visual arts pieces) has been shown to foster reflexivity, to enhance empathy and also encourages students to challenge their own cultural assumptions\(^1\). Furthermore such exposure celebrates the subjective and emotional facets of learning alongside more conventional scientific/evidence-based approaches. This interactive lecture will incorporate discussion of a brief video-clip portraying a patient encounter, shared interpretation of a painting and an onsite reading and interpretation of a poem. A reflective writing exercise using a clinically-relevant prompt will also be undertaken. Strategies for using arts-based teaching in classrooms, small-group settings and supervision will be reviewed.

Reference: Narrative Medicine: Honoring the Stories of Illness, Rita Charon, Oxford University Press, 2006

PhotoVoice Exhibit

*Do you see what I see?* Is a community-based participatory research project that explored the employment-health association for women from Korea, Asia, Africa, Japan, Arab world and Latin America (KAAJAL) in Brantford and Brant-Haldimand-Norfolk counties using PhotoVoice.

*Dr. Bharati Sethi, PhD, Postdoctoral Fellow, McMaster University, School of Geography and Earth Sciences (Supervisor: Dr. Allison Williams)*

Conference Planning Committee

- Anju Joshi (Co-Chair)
- Karen Trollope-Kumar (Co-Chair)
- Amanda Bradford-Janke
- Clara Lu
- Margaret Nowaczyk
- Aarti Rana
- Ellen Ryan
- Alan Taniguchi
- Joyce Zazulak
Panel Discussion

Karen Trollope-Kumar, MD (Facilitator)
Karen Trollope-Kumar is a family physician who also holds a PhD in medical anthropology. She has a long-standing interest in the role of the arts and humanities in health care. In her role as Co-Director of the Professional Competencies program in McMaster's medical school, she developed several sessions on the medical humanities for undergraduate medical students.

Andrea Frolic, PhD
Andrea is currently the Director of the Office of Clinical & Organizational Ethics at Hamilton Health Sciences, and Assistant Professor in the Department of Family Medicine at McMaster University. Andrea is a freelance choreographer and dancer whose work was recently showcased in a performance titled “Osler’s Overtures” in collaboration with the Hamilton Philharmonic Orchestra and the Department of Family Medicine at McMaster University.

Geraldine Katz-Rose
Ms. Katz-Rose earned her BA degree in Theatre and English at the University at Albany. Following a few years as a creative drama teacher and English instructor, she spent more than 20 years in New York City in resource development and training. Over the years, she has seen a mixture of physicians and health care professionals for various reasons, and has experienced a wide range of care. Ms. Katz-Rose is now a patient at McMaster Family Practice, where she recently participated in a Chronic Pain group that incorporated narrative writing. She will share how her background in the Humanities and diverse care experiences have shaped her perspective, and help us to better understand the patient’s experience of illness.

Christina Sinding, PhD
Christina Sinding’s research focuses on experiences of illness and care, especially as experience is shaped by social privilege and marginalization. She has a longstanding interest in arts-informed social science. Her current work explores how social science educators, researchers and practitioners draw on the arts for insight, engagement, and social justice goals. She is the author, with Ross Gray, of Standing Ovation: Performing Social Science Research about Cancer.

Joyce Zazulak, MD, CCFP, FCFP
Dr. Joyce Zazulak is an associate professor in the Department of Family Medicine and practises at McMaster Family Practice. Her educational and research interests lie in teaching about communication skills and patient-centered care, narrative medicine, mindfulness, and medical humanities, with a particular interest in the use of art and visual literacy in the training of future health care professionals.
### Workshop Descriptions

#### Workshop #1—Mindful Movement: Exploring the Brain’s Role in Healing the Body

The health community is increasingly appreciating the role of mindfulness in the healing process, as exemplified by the prevalence of the Mindfulness-Based Stress Reduction program in medical schools and hospitals. Researchers are demonstrating how body-based awareness, in particular, may help treat a surprising range of conditions such as stress, IBS, chronic pain, and neuromuscular degeneration. In an effort to experience this school of thought, we will apply mindfulness to the basic movements of our daily lives, i.e., sitting, standing, and walking. In this workshop, we will: gain familiarity with mindful movement practices; experience firsthand the benefits of body-based awareness; learn simple self-care techniques that can also be shared with others.

#### Workshop #2—Making Room for More: Creative Writing for Health Professionals

This workshop will consist of a presentation on creativity and ways to harness it as a means of coping with the difficulties of everyday medical practice. There will be several writing exercises that workshop participants may choose to enjoy. Traditional and online resources for stimulating creativity will also be presented.

#### Workshop #3—Applied Drama and Health: Why Health Needs some Drama

This workshop will explore how theatre and performance practices intersect with health and healthcare training. Theatre skills are life skills and through Applied Drama exercises participants will experience how skills such as communication, presence and empathy can be enhanced through an embodied learning experience. By engaging with serious play the workshop will highlight how theatre can be used to develop understanding of complex concepts such as patient centred-care and power, how theatre can provide a supportive space to navigate conversations around anxiety/burn-out and enhance wellness and resiliency.

*No previous theatre or drama experience is required*

#### Workshop #4—Healing through Poetry in a Writing Group

*Youth is a flying horse*
*Age slows to a walk on sand*
*Now I notice sea shells*

Participants will be introduced to the poetry of Naomi Wingfield, local centenarian who began writing poetry in her early 80’s and continued over years with failing eyesight, hearing and mobility. Naomi’s writing flowed through regular participation in an intergenerational group using poetry as writing prompts. Participants will then be prompted to write briefly in response to poems written by Naomi and other poets in the McMaster 2010 anthology Celebrating Poets Over 70. The opportunities for healing through the reading and writing of poetry and memoir with the support of a group will be illustrated throughout.

#### Workshop #5—The Role of Visual Literacy in Development of Reflective Healthcare Providers

Over the past several years much has been written about the importance of developing reflective healthcare professionals who are able to provide compassionate, caring, and sustainable care to patients. There is mounting evidence that these traits can be taught in the art gallery through the development of visual literacy. Visual Literacy—the ability to find meaning in imagery, involves a set of skills ranging from simple identification to complex interpretation. The development of visual literacy begins when the viewer uses both concrete and circumstantial evidence to find meaning and understanding in what they see. Thus skills in visual literacy are thought to improve observational proficiency and, in turn, encourage critical thinking and deepen reflection.

#### Workshop #6—Music Therapy and Whole-Person Care

This workshop will explore the unique role of music and music therapy in facilitating personal and interpersonal connection, support, and expression. The interface between music and whole-person care will be highlighted, with a focus on end-of-life care and bereavement support. There will be experiential opportunities for music-listening and music-making as part of the workshop, and examples of music therapy processes will be shared via research and case studies.
Hartley Jafine, MA

Hartley Jafine is often found wearing a red clown nose and bottle glasses facilitating theatre and arts-based courses at McMaster University for the Bachelor of Health Science (Honours) and Arts & Science programs. When not in Hamilton he works as a communications coach for University of Toronto Postgraduate Medical Education program and an interprofessional arts educator at Baycrest Hospital.

Sara Klinck, MMT, MTA

Sara Klinck is an Accredited Music Therapist whose clinical focus is primarily hospice palliative care and bereavement support. She has been working in private practice since 2007 and is also currently a music therapy supervisor and instructor at Wilfrid Laurier University.

Aarti Rana

Aarti Rana is a first-year medical student at McMaster University and also a movement instructor at the Toronto Feldenkrais Centre. After sustaining a serious spinal injury as a teenager, she studied the movement education work of Dr. Moshe Feldenkrais to improve her recovery. Aarti completed her professional training at the Institute for Studies in Somatic Education and has worked with adults who have a range of physical impairments caused by chronic pain, neuromuscular disease, or injury.

Ellen Ryan, PhD

Ellen Ryan is Professor Emeritus and McMaster University, a Psychologist of Aging, a writing group facilitator, and a host of website/blog -- Writing, Aging and Spirit: www.writingdownouryears.ca.

Dr. Margaret Nowaczyk, MD

Dr. Margaret Nowaczyk is a paediatrician and a clinical geneticist. She has been a member of the McMaster University Faculty of Health Sciences since 1997. Her long-standing interest in medical humanities led her to develop an expertise in narrative medicine. She is an Associate Editor of the American Journal of Medical Genetics where she is also in charge of the narrative medicine column Frameshifts. She is currently working towards a master’s degree in creative writing at University of British Columbia.

Joyce Zazulak, MD, CCFP, FCFP

Dr. Joyce Zazulak is an associate professor in the Department of Family Medicine and practises at McMaster Family Practice. Her educational and research interests lie in teaching about communication skills and patient-centered care, narrative medicine, mindfulness, and medical humanities, with a particular interest in the use of art and visual literacy in the training of future health care professionals.
Program

**Registration**  Second Level—Mezzanine

**Greetings Gilbrea Centre for Studies in Aging**
Director Dr. Amanda Grenier

**Panel Discussion**  Room 1/2
**Facilitator:** Karen Trollope-Kumar  **Panelists:** Andrea Frolic, Christina Sinding, Joyce Zazulak, Geraldine Katz-Rose

**Break**

**Workshop Session I**

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<thead>
<tr>
<th>Workshop #1—Room 1</th>
<th>Workshop #2—Room 2</th>
<th>Workshop #3—Café Annex</th>
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**Lunch - Music Performance by Clara Lu & Siobhan Deshauer**

**Keynote Lecture: Dr. Allan Peterkin**
Room 1/2

**Break**

**Workshop Session II**

<table>
<thead>
<tr>
<th>Workshop #4—Room 1</th>
<th>Workshop #5—Room 2</th>
<th>Workshop #6—Café Annex</th>
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<td>Music Therapy and Whole-Person Care</td>
</tr>
<tr>
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<td>Facilitators: Joyce Zazulak &amp; Nicole Knibb</td>
<td>Facilitator: Sara Klinck</td>
</tr>
</tbody>
</table>

**Closing**: Karen Trollope Kumar & Anju Joshi
Room 1/2—Music Performance by Clara Lu & Siobhan Deshauer
Registration Form

[Please print and complete all items]

Prior to completing this form please refer to the statement on collection of personal information and protection of privacy policy at: http://www.mcmaster.ca/univsec/fippa/FIPPA_Statement.pdf

Name: ________________________________________

First ____________________________________________

Last _____________________________________________

MI ______________________________________________

Address: _________________________________________

Number __________________________________________

Street ____________________________________________

Apt. # ___________________________________________

City _____________________________________________

Province/State ___________________________________

Postal/Zip Code ________________________________

Organization: ____________________________

Occupation/Position: ____________________________

Email Address (required*): _______________________

Home Phone: ( __ ) - _______________________

Business Phone: ( __ ) - _______________________

Registration Fee:  

Early Bird $175.00 +HST = $197.75

After May 1st $195.00 +HST = $220.35

Student/Senior $100.00 +HST = $113.00

Workshop Session I: 1st choice #1 #2 #3 #4 

2nd Choice #1 #2 #3 #4

Workshop Session II: 1st choice #4 #5 #6 

2nd choice #4 #5 #6

Method of Payment: ☐ CHEQUE ☐ VISA ☐ MASTERCARD ☐ AMEX

(Please make Cheques payable to McMaster University)

Account # ____________________________  Expiry Date __________________________

Printed Cardholder’s Name __________________________  Signature of Cardholder __________________________

How to Register:

FAX OR MAIL COMPLETED REGISTRATION FORM TO:

Gilbrea Centre for Studies in Aging
McMaster University
1280 Main St West, KTH 226
Hamilton, ON L8S 1M5
F: 905.525.4198
T: 905.525.9140 ext.24449
E: gilbrea@mcmaster.a

*The Gilbrea Centre will send you an email confirmation within 5 business days of receiving your registration form; if you do not receive an email confirmation within this time, please contact us immediately.
The Gilbrea Centre is an interdisciplinary research hub that is dedicated to address issues of aging through collaborative and policy relevant research. Based on a collaborative undertaking by outstanding researchers and educators, the Centre produces and communicates socially-relevant knowledge which helps to broaden understandings of aging, the challenges that exist, and the suggested directions for change. Our vision is to address the needs of an aging society through research that is grounded in community partnerships, and knowledge exchange with target groups including students, faculty, community organizations, decision-makers, and older people. Created as a major step forward in addressing contemporary issues of aging, the Centre's work on aging extends beyond McMaster's campus through partnerships and collaboration with National and international research teams, and partners in the public, private and non-profit sectors.

For more information on membership or events please contact us at:
gilbrea@mcmaster.ca
905 525 9140 ext.24449
or on the web at http://www.aging.mcmaster.ca/