



Health Arts and Humanities
Program – University of Toronto



UNIVERSITY OF
TORONTO



Centre for
Interprofessional Education
Transforming care through collaboration

Interprofessional Health, Arts and Humanities Certificate Program

Coordinators:

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Introduction

The Interprofessional Health, Arts and Humanities Certificate Program is a partnership between the Health, Arts and Humanities Program (<http://health-humanities.com/>) and the Centre for Interprofessional Education at the University of Toronto. The aim of the certificate program is to foster the development of collaborative, patient/client-centered care as well to promote self-care. The program is designed to advance a deeper understanding of health, illness, suffering, disability and the provision of healthcare by creating a community of scholars in the arts, humanities and clinical sciences. Previous iterations of the program have been well received by learners from across the health professions, allowing learners to employ arts-based modalities to enhance reflection, to deepen collegial dialogue, and to explore creative options for renewal and for maintaining wellbeing and resilience.

Objectives:

1. Discuss the benefit of studying arts and humanities and their application to healthcare (patient/client care and interprofessional team competencies)
2. Demonstrate enhanced narrative competence and humility in reflective writing and responses to patient/client stories
3. Demonstrate self-awareness, listening skills and reflexivity in group discussion
4. Explore role of narrative and mindfulness practices in promoting clinician well-being and resiliency



Eligibility:

The certificate is open to all students in the health profession programs at the University of Toronto (Dentistry, Medical Radiation Sciences, Undergraduate Medicine, Postgraduate Medicine, Nursing, Occupational Therapy, Pharmacy, Physician Assistant, Physical Therapy, Professional Kinesiology, Social Work, Speech-Language Pathology).

Program Requirements:

1. Orientation: Certificate and Foundational Components

Monday, September 27th, 2021, 6:30pm – 8:30pm, ZOOM

The orientation includes a class and viewing of an online lecture. Content will address an:

- Overview of certificate requirements (completion of core requirements during the first year and the project in the fall term of the next year)
- Overview of theoretical foundations
- Introduction to Health, Arts and Humanities: Online lecture
- <https://youtu.be/C2lqF8K2EM>

2. Completion of the Following Two Units (sessions offered October 2021 to November 2021):

a. Narrative-Based Healthcare (four sessions)

Unit Coordinator: Karen Gold

Narrative healthcare seeks to enhance reflection and communication by focusing on the telling and receiving of stories. During this unit, we explore relational dimensions of practice (relationship to oneself, patients, and team members) through narrative. Sessions include presentations, large group discussions and hands on close reading and reflective/creative writing activities in facilitated small groups. The emphasis is on promoting creativity and exploration of practice-based themes in a supportive atmosphere. No prior experience necessary!

1. **Intro to Narrative Healthcare - Cultivating Narrative Humility**
Wednesday, October 6th, 2021, 6:30pm – 8:30pm, ZOOM
2. **Exploring Illness Narratives – Promoting empathic witnessing**
Wednesday, October 20th, 2021, 6:30pm – 8:30pm, ZOOM
3. **Narrative Advocacy – Enhancing communication in healthcare**
Wednesday, November 3rd, 2021, 6:30pm – 8:30pm, ZOOM
4. **Narrative Resources for Well-being – Writing and Resiliency**
Wednesday, November 17th, 2021, 6:30pm – 8:30pm, ZOOM



b. Reflection, Mindfulness and Resilience in Clinical Life: How Self-Care Fosters Empathic Care
(four sessions)

Unit Coordinator: Bill Gayner

This HAH IPE Certificate Program involves participating in a temporary interprofessional narrative medicine community of practice to use creative arts and mindfulness to cultivate embodied experiencing, receptivity, presence, and the ability to reflect and communicate in an authentic, empathic, and effective way in the face of illness, trauma and your own and others' suffering. In this module, we will explore mindfulness as an embodied relational-centred practice, discovering the heart of healing and creative responding through meditation, journaling and shared experiential exploration in a way that deepens self-understanding, self-care, and ability to communicate with patients and interprofessional colleagues.

1. **Emotion-Focused Mindfulness: An Introduction**
Monday, January 10th, 2022, 6:30pm – 8:30pm, ZOOM
2. **The Mindful Clinician: Showing Up and Being Present to Self and Patients/Clients**
Monday, January 17th, 2022, 6:30pm – 8:30pm, ZOOM
3. **Touching the Earth: Supporting Each Other in Deepening Experiencing, Understanding and Renewal**
Monday, February 28th, 2022, 6:30pm – 8:30pm, ZOOM
4. **The Mindful Team: Exploring Collaboration, Vulnerability and Conflict**
Monday, March 7th, 2022, 6:30pm – 8:30pm, ZOOM

3. Elective Arts-Based Offerings:

Attendance at a minimum of **four** arts-based sessions selected from the following:

- i. Health, Arts and Humanities (Faculty of Medicine <http://health-humanities.com/>)
- ii. Centre for Interprofessional Education (<https://www.ipecurriculum.utoronto.ca/>)

Examples of approved offerings include Cinema Medica film series, workshops in writing, filmmaking, poetry, photography workshops, graphic medicine, theatre (e.g. improvisation), art gallery visits, and independent arts activities (e.g. arts-based volunteering).

Some offerings will include more than one session (e.g. 4 art gallery visits in the series). Where this is the case, each late afternoon or evening attendance will be recognized as one of the four required sessions.

4. Final Project

Plan to work in pairs (with a learner from another profession). Individual work will be considered with certificate co-ordinator approval. Components include:



- i. Artistic Creation: Choose an art form and work towards creating a work of art/presentation/performance/installation/panel to be presented to the cohort and faculty. See detailed outline.
- ii. Presentation: On **April 25th, 2022**, present the art piece and lead a brief discussion. The discussion will focus on the use of the art pieces to support the certificate themes of wellness, empathy and collaboration in a team-based context. Learners will be asked to comment on the process of collaboration in creating the project and discussion questions. See the project outline for further detail.

Expectations:

Students will apply for acceptance into the Certificate Program. As there is a wait list for participation, a firm commitment to completing the Program is expected. Faculty Deans/Chairs will be notified of non-completion.

Once accepted to the program and registered, participants are expected to attend all requisite sessions (Orientation, four or Narrative-Based Medicine and four for Reflection, Mindfulness and Resilience in Clinical Life, and final presentation). Under exceptional circumstances, that a session must be missed, please notify the unit coordinators for further instructions.

Upon request, Certificate course organizers will liaise with a program to free learners from other course/on-call activities as needed.

Upon completion of all requirements, students will receive a Certificate of Completion for the Interprofessional Health, Arts and Humanities Program.

Unit Leads:

Narrative-Based Medicine:

Karen Gold PhD, MSW
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Reflection, Mindfulness and Resilience in Clinical Life:

Bill Gayner MSW
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