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, October 5th, 2020, 6:00pm – 7:00pm, ZOOM*

   The orientation includes a class and viewing of an online lecture. Content will address:
   - 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 September 2020 to May 2021):**
   
a. **Narrative-Based Healthcare** (four sessions)  
   Unit Coordinator: Karen Gold  
   Narrative methods provide unique opportunities to learn more about ourselves and each other and foster professional values for person and relationship-centered care. In this section participants will be introduced to core concepts and principles of narrative medicine (i.e. narrative humility, illness narratives) and have opportunities to practice close reading and reflective writing in a supportive setting. While there will be short didactic presentations to introduce concepts, the program is primarily experiential involving personal reflection, group discussion of literary or visual texts and brief writing to prompts. No experience needed. Just an open mind!
   
   1. **Narrative Medicine and Relationship-Centered Care: Cultivating Narrative Humility**  
      *Monday, October 19th, 2020, 6:30pm – 8:30pm, ZOOM*
   2. **Exploring Illness Narratives - Close Reading and Reflective Writing**  
      *Monday, November 2nd, 2020, 6:30pm – 8:30pm, ZOOM*
   3. **Narrative Medicine & Social Justice**  
      *Monday, November 16th, 2020, 6:30pm – 8:30pm, ZOOM*
   4. **Narrative Medicine and Clinician Resiliency**  
      *Monday, November 30th, 2020, 6:30pm – 8:30pm, ZOOM*
Reflection, Mindfulness and Resilience in Clinical Life: How Self-Care Fosters Empathic Care (four sessions)
Unit Coordinator: Bill Gayner
This HAH IPE unit 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 respond authentically and effectively in the face of illness, trauma and your own and others’ suffering. In the mindfulness module, we will explore mindfulness as an embodied social practice, discovering the heart of healing and creative responding through meditation, journaling and shared experiential exploration in a way that deepens self-understanding and your ability to communicate with patients and colleagues.

1. Emotion-Focused Mindfulness: An Introduction
   *Monday, January 11th, 2021, 6:30pm – 8:30pm, ZOOM*

2. The Mindful Clinician: Showing Up and Being Present to Self and Patients/ Clients
   *Monday, January 25th, 2021, 6:30pm – 8:30pm, ZOOM*

3. Touching the Earth: Supporting Each Other in Deepening Experiencing, Understanding and Renewal
   *Monday, February 8th, 2021, 6:30pm – 8:30pm, ZOOM*

4. The Mindful Team: Exploring Collaboration, Vulnerability and Conflict
   *Monday, February 22nd, 2021, 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/](http://health-humanities.com/))
   ii. Centre for Interprofessional Education ([https://www.ipecurriculum.utoronto.ca/](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: In **November 2021**, 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 Healthcare 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 Healthcare: Karen Gold PhD, MSW  
Karen.Gold@wchospital.ca

Reflection, Mindfulness and Resilience in Clinical Life: Bill Gayner MSW  
Bill.Gayner@sinahealthsystem.ca