

# 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 Advancing Collaborative Healthcare & Education (CACHE) 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
5. Demonstrate skills needed to transfer learnings to practice and educational settings



### 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, Spiritual Care).

### Program Requirements:

#### 1. Orientation: Certificate and Foundational Components

*Wednesday, September 28<sup>th</sup>, 2022, 6:30pm – 8:00pm, ZOOM*

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

#### 2. Completion of the Following Two Units (sessions offered October 2022 to November 2022):

##### a. Narrative-Based Healthcare (four sessions)

Unit Coordinators: Jane Zhao and Alisha Kaplan

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. Introduction to Narrative Healthcare - Narrating The Self

*Monday, October 3<sup>rd</sup>, 2022, 6:30pm – 8:30pm, ZOOM*

##### 2. Interprofessional Practice – Dialogue and narrative humility

*Monday, October 17<sup>th</sup>, 2022, 6:30pm – 8:30pm, ZOOM*

##### 3. Illness Narratives – Whose story is it?

*Monday, October 31<sup>st</sup>, 2022, 6:30pm – 8:30pm, ZOOM*

##### 4. Regenerative Healthcare – Taking care of self, other, and environment

*Monday, November 14<sup>th</sup>, 2022, 6:30pm – 8:30pm, ZOOM*



b. **The Performance of Healthcare: How Creative Play Can Enhance Collaboration, Develop Embodied Presence, and Encourage Supportive Practice (four sessions)**

Unit Coordinator: Hartley Jafine

This HAH IPE Certificate Program involves participating in a temporary interprofessional narrative medicine community of practice to use creative arts 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.

Applied drama uses the principles, tools, and practices of theatre in non-theatrical settings for the purposes of skill building, reflection, and innovation. In this unit we will explore theatre and improv as an embodied relational-centred practice through an energizing, focusing, and collaborative process. Sessions will provide space to explore the performance of healthcare (and how it is performed), wellness and imposter syndrome, and examine how health systems can be changed/challenged. Participants will experience how interprofessionalism, empathy, authentic connection, and self-care can be enhanced through creative play. No prior experience necessary!

i. **Serious Play, Seriously: An Introduction to Theatre, Improv, and Health**

Wednesday, January 11<sup>th</sup>, 2023, 6:30pm – 8:30pm, ZOOM

ii. **What do I look like? Embodied Presence, Voice, and Movement** (especially online and/or with PPE)

Wednesday, January 25<sup>th</sup>, 2023, 6:30pm – 8:30pm, ZOOM

iii. **Power, Systems, and Imposterhood**

Wednesday, February 8<sup>th</sup>, 2023, 6:30pm – 8:30pm, ZOOM

iv. **Yes, and! Communication, Collaboration, and Supportive Practice**

Wednesday, March 1<sup>st</sup>, 2023, 6:30pm – 8:30pm, ZOOM

**3. Elective Arts-Based Offerings:**

Attendance at a minimum of **four** (4) arts-based sessions selected from the following:

- i. Health, Arts and Humanities (Faculty of Medicine <http://health-humanities.com/>)
- ii. Centre for Advancing Collaborative Healthcare & Education (CACHE) (<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 groups of 4-5 (with learners from other professions).

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 24<sup>th</sup>, 2023**, present the creative piece(s) 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 waitlist 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, 4 Narrative-Based Medicine and 4 Performance of Healthcare seminars, and the final presentation). If a session must be missed (under exceptional circumstances), please notify the unit coordinators by email for further instructions.

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

Students must agree to have cameras on throughout the class and in small group discussions and to participate in group discussions. If cameras are not on, the attendance for the session will not be recognized.

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