

**The Examined Life: the Writing, Humanities and Arts of Medicine**  
*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

**Thursday, October 12, 2017**

07:30 - 08:30 in MERF Atrium

***Check-in & Light Breakfast***

08:30 - 09:45 in 2117 MERF

***Welcome***

Plenary

Jason T. Lewis

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The official opening session of the 2017 Examined Life Conference.

10:00 - 11:15 in 2166 MERF

***Families and health care providers writing together: An evidence-based activity for everyday clinical practice.***

Workshop

Danielle Baran, Jamie Harris, David Thoele

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Expressive writing can improve medical and psychological conditions, and has been used as a tool for physician burnout. To assess the effectiveness of expressive writing in a clinical setting, we developed a short writing exercise, the Three Minute Mental Makeover (3MMM). Using a standard script, health care providers (physicians, nurses, and psychologists) write together with patients and families in PICU, NICU, pediatrics floor and outpatient settings, and complete a short survey to assess stress before and after writing. In this workshop, we will briefly discuss results from our study, then lead the group in a 3MMM writing exercise. Participants will then practice leading others in the writing exercise, and experience how writing together can decrease stress and improve communication. We will invite discussion with those who have used interactive writing at their own institutions, and brainstorm ways to use this technique in individual practices.

10:00 - 11:15 in 2117 MERF

***Storytelling in the classroom: The arts as experiential learning about chronic illness***

Discussion forum

Lucia Gagliese

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Many undergraduate students considering careers in healthcare have limited experience of chronic or life-limiting illness, with most of their knowledge acquired through traditional didactic learning. The arts can offer these students an entry to the lived experience of illness, serving as a unique mode of experiential learning. This presentation will describe a course on the psychology of chronic illness which uses the arts (poetry, literature, visual arts) to immerse students in the patients' experience. Examples of students' work as they engage with art, integrate it with health research, create their own art, and reflect on arts-engaged health learning will be shown. In this interactive session, participants will be engaged in discussion, encouraged to share suggestions of relevant materials and to reflect on strategies for enhancing experiential learning through the arts.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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10:00 - 11:00 in 1117 MERF

### ***Theater arts and filmmaking in health and health education: creation of videos to reach at-risk groups with information HIV/AIDS***

Discussion forum

Nina Stoyan-Rosenweig

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HIV infection is no longer a death sentence, but infection is a public health concern and certainly so in areas where groups may not know their risks. Thus, education and provision of accurate information on the virus and living with infection can reduce risk or ensure treatment is vital. Using effective formats to teach large numbers can be a key means to educate the public. Because of the narrative structure and ability to reach and excite emotions and imagination, theater arts are an excellent way to engage audiences in educational efforts. Bearing this reality in mind the UF Health Science Center Libraries made creation of videos a part of a grant contract designed to disseminate accurate information on HIV/AIDS, and partnered with a visiting faculty theater producer with the Center for the Arts in Medicine. This partnership produced 4 successful videos using different approaches to reach the target groups.

10:00 - 11:15 in 2189 MERF

### ***Womanist Ethics and Genetic Engineering***

Lecture

Darcy Metcalfe

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This lecture will present a Womanist Ethics that would be extremely beneficial to the discipline of bioethics. Womanist Ethics are derived from black women's literature. Writers such as Toni Morrison, Alice Walker, and Zora Neale Hurston are critical in shaping a Womanist Ethics which is situated in the context of bioethics in the United States. Womanist Ethics is a compelling framework by which to build a moral philosophy regarding genetic engineering and future potentialities of how we consider genetically manipulating embryos and humans. Such a system of ethics would also be beneficial when addressing the praxis of genetic testing with vulnerable populations. Within a Womanist Ethics framework, I am particularly interested in the ethic of good community/good accountability and the African philosophy of Ubuntu. This is an essential foundational place to begin before one approaches the classic principles of bioethics.

11:15 - 12:30 in MERF Atrium

### ***Break***

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Take a break, shop for books from our book seller, visit with exhibitors, and meet up with friends new and old.

11:45 - 12:30 in MERF Atrium

### ***Lunch***

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## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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12:45 - 2:00 in 2117 MERF

### ***The story of a blast cell picker, a singer and an author.***

Ghada Al-Absy Mohammed

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It's really difficult for an author to tell one real true story among many other ones made up by her own imagination, especially when it's written by her destiny. It's about the road to be a singer, a doctor and then an author, such evolution happened to my life when I studied medicine because of a human owl. How I became a clinical pathologist and how my profession turned a myope like me into an owl with eyes open, blast cell picker who has to see in the dark with much curiosity towards the invisible unknown world details, hidden inside people and things with courage to write about all of this!

It's a true story about courage and owls.

In addition to reading few paragraphs of my novels and short stories, a short movie about Egyptian arts will be showed.

2:15 - 3:30 in 2117 MERF

### ***Writing Groups - How to Make Your Group Succeed***

Discussion forum

Carol Scott-Conner

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Writers of all levels of ability and experience can benefit from participating in a writing group. Using an interactive format, we will explore various types and purposes of writing groups. We'll talk about nuts and bolts such as size, frequency of meetings, creating a safe and nurturing environment, and sustaining momentum over months and years. The session will end with a discussion of "workshopping" techniques. Participates may bring one double-spaced page to "workshop" with fellow writers if they wish.

2:15 - 3:30 in 2166 MERF

### ***Dressing/Addressing the Body in Illness***

Workshop

Judith Montgomery, Carol Barrett

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The body in illness may be "dressed" (led toward healing by medical procedure), but also "addressed" (by a provider's words, gestures, and other therapies). This workshop will introduce the diverse ways that psychologists and poetry therapists understand the healing potential of poetry. The presenters, both poets and caregivers, will offer poems addressing the body in illness, to suggest healing approaches that patients, families, and health care providers may use in dealing with medical challenges. These poems will link with opportunities for participants to create draft poems, based on their own treatment of and/or experience with illness. Participants will be encouraged (though not required) to share these original writings aloud, and to reflect on how these might represent steps to healing, in the context of alternative healing models and research on the capacity of poetry to encourage wellness. Resources for further exploration will be on hand.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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2:15 - 3:30 in 2189 MERF

### ***The Writing Workshop: Healing Treasure Trove or Risky Pandora's Box?***

Workshop

Courtney Bruntz, Philip Weitz, Heather Lambert

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In "To Fashion a Text," Annie Dillard writes, "If you prize your memories as they are, by all means avoid writing a memoir. Because in a certain way you lose them." What does she mean? To write personal narrative is to externalize the internal or, as Dillard puts it, "cannibalize your life for parts." This work can be therapeutic for those dealing with trauma and tragedy. Writing turns experience into material to be shaped for dramatic effect, and in doing so, the writer seeks agency and control. The reward for a job well done is new perspective. The risks range from anxiety to suicide. This workshop will examine these risks and introduce techniques pulled from Asian Philosophy, clinical psychology, and literary craft to help communities of writers explore difficult topics while moderating the potentially severe implications of churning the otherwise still waters of memory.

2:15 - 3:30 in 1117 MERF

### ***Empowering Patients with Narrative Therapy: Uncovering Meaning through Catalyzing Conversations***

Workshop

Tyler Klenske, Erisa Apantaku, Elora Apantaku

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Being admitted to the hospital is a traumatic event. Working in a hospital is repetitive and exhausting. The emotional separation between patients and providers can seem so insurmountable it becomes an acknowledged, normative phenomenon that leads to disheartened interactions, disconnecting those who need help and those who want to be helpful. As a healthcare provider in the agitating world of inpatient medicine, I attempted to find a reproducible way to have meaningful, enlightened, and ultimately productive conversations with hospitalized patients. Using the narrative therapy tools of deconstruction, externalization, and reauthorization, I was able to find the meaningful stories in people's lives and help them to heal.

3:45 - 5:00 in 2166 MERF

### ***Leaving the Suits Out of Medical Malpractice***

Reading

Herbert Heineman

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When a horrendous and totally preventable tragedy—the death of their teenage daughter Eden—befalls the Averys, they have good reason to file a lawsuit. Karen, herself a successful lawyer, seeks a court victory more for its therapeutic value than for the money, but Alan, a physician, resists, because unforgotten, damning events in his past are sure to be brought out at trial. Unbeknownst to both, the responsible intern's conscience leads him to prescribe such severe self-punishment that a trial would never take place. As parents and intern each suffer their grief, anger, and guilt in isolation, healing comes about through the pastoral skill and goodwill of a Roman Catholic priest and the love of a Jewish college freshman, who together show the sufferers the way to a reconciliation far more meaningful and far sweeter than revenge. The presentation will feature reading(s) from his novel *Eden's Garden*.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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3:45 - 5:00 in John Martin Rare Book Room (meet at registration table)

### ***The Black Death: the Plague, 1331-1770***

Exhibit of rare books

Donna Hirst

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Books published 1485-1812 will be on display in the John Martin Rare Book Room, a short walk from the conference center. Amidst the chaos, the fear and the despair, rats scurried from home to home. 22 books, from a 1485 English plague tract to an 1812 commentary by an Iowa doctor will be available to peruse.

3:45 - 5:00 in 2117 MERF

### ***LivingStories: using positive reminiscence and life narrative to improve patient outlook***

Panel discussion

Sharon Nelson, Richard Stone

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The LivingStories program draws upon recent positive psychology and reminiscence research – helping patients identify hidden strengths, increase coping skills, and develop a more positive outlook as they face current medical challenges. Reminiscence interviews focusing on successfully-met challenges have been shown to provide psychological benefits including reduced anxiety, enhanced relaxation, and an improved coping self-efficacy. Our team of volunteers, certified in the LivingStories process, conduct personal interviews with patients in the hospital setting, focusing on positive reminiscence and moments in which they have overcome challenges. Reflection is used to help the patient make a correlation between their past experiences to find renewed hope. Responses show marked improvement in pre- and post-measure comparisons. The process helps patients feel understood as a full person. The sense of accomplishment stays with them. And as an additional gift, the interview can be recorded and burned onto a CD to be shared with loved ones.

3:45 - 5:00 in 2189 MERF

### ***The Other Side of Fire: Towards An Embodied Pedagogy for Trauma Writing***

Workshop

Katherine Standefer

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Writing can be healing. But writing can also re-traumatize, making it difficult to tell the stories that make us who we are. As teachers, how do we host spaces that help people approach these experiences without harming themselves? In this workshop, participants will learn the importance of discussing the physiology of trauma with writers, helping students assess their readiness and connect to resources. We'll discuss how a focus on the craft of writing trauma enables participants to access their experiences differently, turning a brittle, sympathetic nervous system-triggering story into something flexible, complex, communal, even beautiful. We'll talk about incorporating body awareness into class, from embodied prompts to snacks. We'll underline the importance of being well-regulated facilitators. And we'll wrestle with the fact that, though we're not mental health practitioners, humans have always experienced healing outside clinical spaces—and that writing workshops remain a place people choose to encounter their darknesses.

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7:00 - 9:30 in MERF Atrium

***Attendee Reading***

Any attendee can participate.

The signup form will be emailed to all registered guests one week prior to the beginning of the main conference.

Limited space is available.

Waitlist signup will be available during the conference at the registration desk.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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**Friday, October 13, 2017**

07:30 - 08:30 in MERF Atrium

### ***Light Breakfast***

08:30 - 09:45 in 1117 MERF

### ***Dying To Talk: Stories of Death, Dying and the Life in Between***

Reading

Dawn Gross

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Medical training did not prepare me for grief. While medical school taught me the signs of disease, and internal medicine residency showed me the symptoms of illness, hematology fellowship sealed my expectation that professionalism was synonymous with withheld emotion, no matter the tragedy I witnessed. My ability to be empathic was amputated. It took my father's terminal illness and eventual death to awaken the practice of writing poetry and prose as a portal to self-reflection. Today, the transformative capacity of grief can readily be uncovered. And the act of sharing the stories of my patient's and their families, first in JAMA and more recently the New York Times, has become an unexpected reciprocal gift and legacy to those I have been honored to serve as a hospice and palliative medicine physician.

08:30 - 09:45 in 2189 MERF

### ***Healing Words: Writing Your Way to Compassion and Health***

Workshop

Liz Crocker

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Many health care institutions are inviting patients and families to share their perspectives and stories but less attention has been given to honoring the stories of health care staff who often carry their own burdens of challenging experiences, some from childhood, some from one's personal life, and some from the workplace. Research shows that writing about traumatic or challenging experiences benefits both psychological and physical health. This experiential session will review some of this research, will offer tools for self-care and will engage participants in a variety of spontaneous writing exercises. Participants will (a) learn about the technique and practice of spontaneous/expressive writing and how to apply it to one's own life and place of work; (b) actively write in response to a variety of prompts and techniques; and (c) reflect on the experience and develop ideas for future writing.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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08:30 - 09:45 in 2117 MERF

### ***The Brain on Translation***

A hybrid presentation that incorporates discussion into our powerpoint showcase

Katrina Okerstrom, Laura Moser

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For the last year at the University of Iowa, a graduate fellow of the Translation Workshop has worked with a Neuroscience graduate fellow to generate a collaboration that crossed the bounds of academic and creative discipline. They would like to present their project, a study of the brain on translation which sought to interrogate how "creative" the literary translation process might be, and whether this process mirrored that of poetry writing, as documented by observation of the brain using EEG. Our presentation would like to further blur the boundary between science and creative processes by incorporating/presenting the literary stimuli that was engaged with for the experiment. The presentation will also provide a detailed explanation of our testing process, include visuals of our EEG findings, and open into a Q&A after we pose the questions that arose for us about the nature of collaboration, creativity, and functions of the mind/brain.

08:30 - 09:45 in 2126 MERF

### ***Poetry and Medicine: Sharing Moments of Transcendence***

Discussion forum

Serena Fox

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'Not like/A lone beautiful bird/These poems now rise in great white flocks/Against my mind's vast hills'. These lines by Persian mystical poet, Hafiz (1325 –1389), offer, in part, humble fellowship and transcendence. I keep coming back to one collection of poems in translation for solace and release. I would simply like to share them with you. Please try to bring a poem of one page or less (any genre or language) that at some point in your life felt like salvation. We will read these poems and then move to the Hafiz. Next we explore the sensations generated by such poems, and how words from the heart can bridge the chasms life throws at us. This will be an exercise of delectation rather than dissection. All the poetry curious are welcome. I suggest that finding moments of transcendence for ourselves will effortlessly translate to those we love and care for.

10:00 - 11:15 in 2189 MERF

### ***Finding Meaning and Sensemaking in NICU Nursing Teams: The***

Discussion forum

Shelley Bobb

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Purpose: Narrative Medicine provides meaning and deeper understanding and communication between health care providers and their patients. This research explores how the practice of Narrative Medicine impacted a NICU nursing team with respect to their team functioning, sense-making, and vocational understanding. This specific study asked the questions how meaning is constructed discursively in the practice of nursing. Results: Patterns of communication and teamwork were complex and nuanced. Participants reported building stronger relationships as they grew more aware of each other's stories and had the opportunity to reflect on their work among their co-workers. This led to intensified and renewed understanding of their roles as nurses. The response of the NICU team who participated in the Narrative Medicine exercises in this study also demonstrates how team practices of asking for and offering help, building trust, functioning, sense-making, and increasing their sense of "call" or vocation were dramatically boosted and improved.



## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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10:00 - 11:15 in 1117 MERF

### ***Rx: Death (or The Art and Language of Physician Assisted Suicide)***

Panel discussion

Greg Katz, Philip Weitl, Melissa Fournier, Gina Vozenilek

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Does the way we talk publicly about physician-assisted suicide (PAS) influence the way we think about it? This interactive panel will examine the discourse surrounding PAS in news coverage and legislation, as well as the moral dilemmas raised by artistic representations of PAS. For example, in April 2017, a series bluntly named ~Mary Kills People` aired on the Lifetime Television Network about an emergency room physician who participates in PAS in a state where it is not legal. The show dares its audience to embrace a protagonist who saves life by day and ends life by night. What does this program reveal about our culture, and where are the boundaries for writers and artists? Panel participants will examine how and why the language of PAS has evolved and consider ways to treat this subject artfully, authentically, and responsibly.

10:00 - 11:15 in 2117 MERF

### ***Regeneration***

Performance piece

Nancy Rappaport

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Regeneration is an uplifting and daring show about one woman's journey through breast cancer, illuminating the jagged edge between serenity and fear, strength and vulnerability. After a routine breast exam, Dr. Barrett is catapulted from doctor to patient, where she confronts her mortality with tenderness and humor. In an unexpected twist, she finds courage at Mount Auburn Cemetery.

10:00 - 11:15 in 2126 MERF

### ***Making incommensurable peace: Narrative Tropes in Clinical Interview***

Workshop

Participants will generate conflict-resolution narratives addressing a decisional-therapeutic impasse presented in a clinical scenario (A) and a simulated interview. We (facilitators) provide a collection of interview tools and tropes such as: • Repetition, silence • Metaphoric dislocation, reframing, trade-off • Resonance, epiphany After designating and sequestering the participant-interviewer ('doctor'), we ask the other participants to develop a life-plot that leverages secrets, betrayals, deviancies, and other themes that might plausibly engender the decisional conflict and impasse outlined in the scenario (A). Thus life-plot (B) will now be enacted by a participant-'patient,' interviewed by the 'doctor'—with no knowledge of (B). Utilizing the heteroglossic communication tropes and improvisation, the 'doctor' will attempt to elicit the epiphanic nodes of (B) and assist the 'patient's' own construction of a meta-narrative (C) addressing the impasse (A). Thereafter, the participants will generate and publically share alt-narratives (D)—re-telling, inverting, echoing, or extending the original conflicts (A/B/C) in polyphonic voice.

11:15 - 12:30 in MERF Atrium

### ***Break***

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## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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11:45 - 12:15 in MERF Atrium

### ***Lunch***

12:45 - 2:00 in 2117 MERF

### ***Under the Spotlight of Illness: Reading & Q&A with Mike Scalise***

Featured presentation

Mike Scalise

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Mike Scalise reads from his memoir *The Brand New Catastrophe* (Sarabande, 2017), which explores the tropes, cultural scripts, and expectations of illness narratives, and what it means to upend them. Q & A to follow.

2:15 - 3:30 in 2136 MERF

### ***Creative Expression: A New Language Between Doctor and Patient***

Workshop

Greg Katz

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Words are the currency we use for human exchange. What if we need action instead of words to tell our story? We don't all speak the same language. Twyla Tharp, the world-renowned choreographer believes we all have creative DNA. Relying on words limits the possibility of clear communication between an individual and the medical community. We'll explore how creative beings convey hurt, pain, hope, and resilience through art. Visual artists create art not only for beauty but also as a reflection of their worldview. As storytellers, artists create work that reflects their life experience. When diagnosed with a chronic or life-threatening illness, artists use creative expression to convey their experience. Klee, Goya, and Renoir all expressed their life story through art as well as adapted their lives to their "new normal". What would happen if we invited creative expression as a new language between the medical community and the patient?

2:15 - 3:30 in 2117 MERF

### ***Defying Gravity: Finding Meaning in Daily Life***

Lecture

Janice Kehler

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Understanding the patient's story has become the focus of literary, clinical and journalistic texts. What unites so many perspectives is a universal truth: when we are succumbing to an illness the discomfort sharpens as moving about our lives changes. What we experience as a predictable sense of conquering gravity, abandons us. Finding our way back to the life we knew before is fueled by halting unpredictable bodies that speak a language that is silent—a body language that needs to be understood both as a science story and an individual quest. This presentation will deconstruct the history of the underutilization of cardiac rehabilitation. Close reading of both fiction and non-fiction texts will explore how embodied narratives have either succeeded or failed to embrace the science story. The presentation will be paced by writing prompts, physical activities and brainstorming, unleashing a new understanding of body language and the writing craft.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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2:15 - 3:30 in 1117 MERF

### ***When Patients Die: A Phenomenologic Analysis of the Lived Experiences of Medical Students Encountering Death and Dying***

Discussion forum

Ernie Esquivel

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As medical students transition from the classroom to the busy and chaotic world of the hospital and patients' lives, they encounter challenging situations that shape the way they grow as physicians. Narrative reflections offer a fascinating glimpse into the lived experiences of medical students and the preponderance of the theme of death and dying is intriguing. Our analysis of nearly two hundred reflection essays demonstrates the profound, often troubling, impact such experiences leave on students. By understanding how students make sense of these experiences, I offer a window into how they view their roles as caregivers and how they may frequently suffer collateral damage in the process. Through the students' own words, I hope to illuminate the hidden curriculum that they learn from their superiors about what it means care for the dying and how coping often means losing a little bit more of our humanity.

2:15 - 3:30 in 2126 MERF

### ***The Extraordinary Task of Brain Retraining: a Creative Exploration of Neuroplasticity in Musician's Focal Dystonia***

Reading

Joanna White

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Recent science has shown that neuroplasticity—important to neurology, psychology, and rehabilitation—is a critical element in tackling the career-threatening malady musician's focal dystonia. Creating new brain pathways is extraordinarily difficult to do, however, and since there is a stigma surrounding the condition it is difficult to get information. My spring 2017 sabbatical research, which culminated in an article and bibliography for *Flutist Quarterly*, journal of the National Flute Association and a poem, "Musician's Focal Dystonia," published in *JAMA* in May 2017, provide the germ for this session—both a story of how and why one goes about retraining the brain and poems from the past year that show what it actually feels like to do so. My own experience and conversations from 2017 IRB-approved confidential phone interviews I conducted with musicians with focal dystonia illuminate the struggle of learning new brain pathways and the emotions this engenders.

3:45 - 5:00 in 2136 MERF

### ***Human Voices Wake Us: Revivifying a Life in Medicine***

Reading

Jerald Winakur

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Many health care providers are struggling today in this era of rapidly changing medical paradigms. They succeed or fail on professional treadmills; patient encounters measured out with coffee spoons. The doctor-patient relationship is crumbling. Bureaucratic and corporate masters make their never-ending arguments of insidious intent. How do caregivers--and their patients--avoid being crushed by the demands of Science, of Perfection, of Expectations? How do we recover the awe we once felt in this world in which we expend our life force every day? How can we find joy once more? Jerald Winakur, geriatrician, author, and medical humanist will reflect on these questions as he reads from his memoir about caring for his father with Alzheimer's disease, "Memory Lessons: A Doctor's Story"; and "Human Voices Wake Us", his poetic treatise for those of us struggling with illness, age, infirmity and loss. This presentation will use readings, poetry, biography and photographic images.

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3:45 - 5:00 in 2136 MERF

### ***All the Metaphors for Pain***

Reading

Sonya Huber

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Patients with chronic pain often struggle to rate their pain on a scale of 1-10. Author Sonya Huber will read short selections of her lyric essays from the book *Pain Woman Takes Your Keys and Other Essays from a Nervous System*, a book that attempts to describe the strange experience of living inside pain--including the altered states and insights that sometimes emerge from this mode of reality. The reading will be followed by a discussion about pain scales and the ways in which doctors and caregivers might open lines of communication about the pain experience.

3:45 - 5:00 in 1117 MERF

### ***Post-Traumatic Stress, Spiritual Distress, and Healing for Female Veterans: A Discussion of Sand Queen***

Discussion forum

McKenna Kilburg, Renee Herbers, Joshua Dolezal, Rosemary Skriver

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Coping with post-traumatic stress remains a challenge for all veterans, but female soldiers grapple with additional challenges wrought by sexual assault and isolation during and after wartime. What particular biological, psychological, and social complications influence female veterans' responses to post-traumatic stress? How might therapeutic approaches to post-traumatic stress disorder primarily designed for men need to be changed to meaningfully address trauma female soldiers have experienced? If war trauma includes spiritual distress, perhaps alienation from a faith tradition or religious doubts sown by war experience, what might the path back to spiritual wholeness look like, particularly for female soldiers? Presenters will moderate discussion of these questions by presenting examples from Helen Benedict's novel *Sand Queen*, then inviting response from those in attendance.

3:45 - 5:00 in 2126 MERF

### ***Writing Together: A Life-Affirming Conversation***

Workshop

Janet Johnston

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In this combined lecture and workshop I will present information about the AWA (Amherst Writers and Artists) method of writing together. This will include the health benefits of sharing stories in an atmosphere of acceptance and mutual risk. We will examine writing together as a conversation that can, at times, be more intimate, satisfying and health promoting than we may experience at home where we're preoccupied with activities and expectations. We will look at the ways writing together, in this method, promotes both self-acceptance and acceptance of others. After the lecture, I will lead us in writing together using the AWA method so we can experience this structured process of spontaneous creativity, exploration and compassion.

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7:00 - 8:15 in Old Capitol Museum, UI Pentacrest

### ***Cultural Competence: Poetry and the Importance of Voice in Diverse Illness Experiences***

Featured presentation

Rafael Campo

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The earliest of civilizations, from many Native American cultures to the ancient Greeks, recognized an inextricable interrelationship between incantation and healing. Surely, the best poems we have today demand that we listen --- not just with our ears, but with our whole hearts. This lecture will investigate the link between creative self-expression and healing, and will enact the power of poetry to "speak the unspeakable," both the ecstasies and suffering of our physical bodies and our boundless souls. Experience how poetry joins us empathetically, through its sound and structure as much as through its insistent invitation to share in diverse human experiences, and learn how it may help to heal even medicine itself.

Goals: 1) To explore and understand the link between creative self-expression and healing; 2) To define a "biocultural" narrative of the illness experience, in contrast to the restrictive biomedical narrative encountered in most health care settings; 3) To investigate the historical connections between language, art, and therapeutics; 4) To develop strategies for integrating humanistic work in the delivery of health care. Doctors, nurses, residents, medical students, and other allied health professionals will benefit, as will people living with illness.

8:15 - 10:00 in Old Capitol Museum, UI Pentacrest

### ***Reception***

## The Examined Life: the Writing, Humanities and Arts of Medicine

Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA

Saturday, October 14, 2017

08:00 - 09:00 in MERF Atrium

### ***Light breakfast***

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09:00 - 10:15 in 2126 MERF

### ***Moving from Stories About Practice to Practicing With Stories***

Workshop

Lance Hall

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Storytelling is a useful tool for medical practice because stories structure information in a way unlike any other form of communication. Most medical stories are told post hoc, in order to illuminate what has already happened. In this workshop, participants will learn how storytelling structure improves face-to-face encounters between healthcare providers and patients. We will first discuss stories' universal structure, and why that structure is effective. Using these elements as guideposts, we will peel back the layers of stories told during patient encounters. To do this, the presenter will draw on his theatrical training, experience teaching storytelling technique to a wide range of professionals, and personal history as a patient near death. Among these layers, we will uncover how healthcare providers can use stories to focus their attention, how patients communicate their idea of "normal", and how storytelling can assist a discussion of treatment options and help change patient behavior.

09:00 - 10:15 in 1117 MERF

### ***Drawing Inspiration from Medicine: How to Find your Muse***

Discussion forum

Mason LaMarche

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Creating art is a daunting challenge sometimes. Inspiration strikes at unpredictable times, but knowing where to look for the subject matter of writing, art, and music helps to capture the power of inspiration. This forum seeks to present a few ways in which inspiration manifests itself in healthcare based upon moderated discussion between the presenter and the audience. Learn about how others find creativity and art in their experience with healthcare and about how this can make you a better writer or artist.

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09:00 - 10:15 in 2117 MERF

### ***The 30-Minute Shift: Interdisciplinary Narrative Practice Groups***

Discussion forum

Michael Finch, Paul Galchutt

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The need for healthcare staff to experience joy and meaning at work is important for continual health. An interdisciplinary narrative practice group is one significant tool or means to help sustain a healthcare worker. It provides a confidential environment and invitation for each participant to develop his/her individual writing voice and creative capacity for reflection. It also fosters a space for collective meaning making, and increases our respective understanding of one another, our vocations and partnerships in caring for patients and families. Participants offered, "It's contributed more to my self-care than I ever thought." And, "I wouldn't miss this." By attending this session, you will experience a narrative practice group session, as well as glean hard won 'how-to' knowledge about how to put your group together with details about group administration, formation, participant orientation, prompts selected, and programmatic pearls. Writing snapshots from a group session will also be offered.

09:00 - 10:15 in 2189 MERF

### ***The Examined Life: Teaching Creativity and Storytelling in Medical Education***

Discussion forum

Jason T. Lewis

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Socrates said, "The Unexamined Life is not worth living," and here at the Carver College of Medicine we have instituted a Writing and Humanities Program that seeks to keep our students grounded in creativity and attuned to the stories of themselves and their patients; to live an Examined Life both personally and professionally. What's the point of this? Does it work?

10:30 - 11:45 in 2136 MERF

### ***Stories as Vital Signs: The Power of Personal and Community Narratives During Liberia's Ebola Outbreak***

Reading

Katherina Grace Thomas

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The 2014-15 Ebola outbreak was not only a health crisis, but also a crisis of information. As responders grappled with a virus they did not fully understand, rumors began to spread in Liberian communities, feeding on the fear that settled into communication gaps. In some cases, stories and rumors spread faster than the pathogen itself. When responders finally did start to listen and unpack community narratives, we were able to use them as mechanisms for change. When we harness the power of narrative in concert with clinical care, lives can be saved. This presentation will include a reading from my forthcoming book, *Heart Fall Down: An Oral History of Liberia's Ebola Outbreak*, followed by a discussion on the impact of personal and community narratives during an infectious disease outbreak.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

10:30 - 11:45 in 2126 MERF

### ***She Did Not Speak***

Reading

Leslie Morris

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*She Did Not Speak* is a hybrid memoir that reflects on loss, memory, narrative, knowledge, consciousness, and family secrets. Five years ago I learned that a large number of my mother's immediate family had died in the Holocaust. Following a trip to Budapest in which I met my cousins who had survived, I fell into a still unexplained coma that lasted more than five weeks. The book's title, "She Did Not Speak," comes from a line written by one of the doctors' reports in my medical files. The book is experimental in form, drawing on (and erasing) the text of my 1500 page medical file to create a visual space that suggests the absence/presence that defines both the coma and the knowing/not knowing of my family history. My body, with its scars from the medical procedures, remembers my coma. And yet I cannot know my own coma.

10:30 - 11:45 in 1117 MERF

### ***The Anatomy of Literature: How Writing has Transformed my Pre-Medical Experience***

Lecture

Ananya Munjal

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Writing is the most fundamental form of communication, a bridge connecting human experiences cross culturally. Through writing we can prescribe medicine for patients, wax poetic, or learn about organ systems. Over the course of my undergraduate experience my interests have been split between medicine and creative writing, themes I once mistakenly thought to be mutually exclusive. However, the intersection between literature and the sciences is vast and mutually beneficial, a symbiosis that yields more effective communicators and critical thinkers. It is no accident that many of the earliest scientists were also accomplished writers. A knowledge and appreciation of the written word has the potential to change our mindset, thus breeding diverse medical professionals and giving us insight into how a better understanding of the humanities can aid a better understanding of humans.

10:30 - 11:45 in 2117 MERF

### ***The Trouble with Catharsis: Writing, Pain, and Healing***

Panel discussion

MK Brake, Brittany Borghi, Annie Sand

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It is a particularly human desire to put words to one's emotional pain and healing. In this panel we will discuss the impulse to write in pursuit of catharsis, and how productive it actually is to chase that desirable but elusive end goal. Four creative nonfiction writers will offer personal stories and strategies for exploring this question, and engage in frank and open discussion about the possibilities and limits of using writing as a tool for healing. In addition to offering our personal narratives, we will discuss how different craft strategies--such as fragmentation, linear narrative, lyric meditation and myth-making--can help a writer locate a unique voice to communicate an individual experience. We will also address the implications of this kind of writing for the reader: how these narratives shape public discourse on what pain we acknowledge, the ways we acknowledge it, and how this dialogue can foster empathy.



## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

12:00 - 1:00 in MERF Atrium

### ***Lunch***

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1:15 - 2:30 in 2126 MERF

### ***A Story of Patients with Incurable Diseases who find Meaning in Suffering***

A Story

John Cozart

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During my internship at The University of Iowa, I took care of an amazing patient named Phil. Phil was nineteen, had leukemia, and had spent most of his life in the hospital. Phil had a life that I couldn't imagine having. But Phil loved music. Music was meaningful to Phil. And when Phil played and listened to music, it was as if he didn't have leukemia any more. Over the last twenty-five years, I have met other patients like Phil. Patients who have a great quality of life despite having severe, incurable diseases. Patients who seem to rise above their suffering. We give our suffering meaning by the way that we choose to respond to it. When we find ourselves in a situation that we have little control over, like having metastatic cancer, we are challenged to change ourselves. This is the story of those amazing patients.

1:15 - 2:30 in 1117 MERF

### ***Teaching with an Open Heart: Emotional Labor in the Medical Humanities Classroom***

Discussion forum

Tina Hefty

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Many of us teach the humanities using art due to its powerful emotional depth and honesty. It allows us to tackle learning objectives—like developing the emotional intelligence of our students—quickly and adeptly. For example, reading Forney's graphic memoir *Marbles* (2012) generates a thought-provoking conversation about the emotional complexity of having a mental illness, a topic that is often otherwise elusive. We ask our students to dig deep into their personal lives, to make connections with the illness narratives of strangers, and in so doing, develop their ability to empathize with future patients. As teachers, we try to model the behavior we seek in our students, so how can we ask them to display such emotional bravery without doing the same? This discussion forum will foster a conversation about the emotional labor experienced by medical educators when opting for a genuine and vulnerable teaching approach, including shared strategies for preventing burnout.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

1:15 - 2:30 in 2117 MERF

### ***From Selfish to Selfless: Fostering Transpersonal Values in Medical Students***

Performance piece

Amy Lintner, Alex Waad

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In research on students in medical / health-studies fields, individualistic and achiever-based personality traits have emerged as desirable characteristics. In this workshop, personality traits of medical students and their socialization to the field will be examined through the lens of transpersonal psychology. Attendees will engage in process of fostering transpersonal awareness within the next generation of medical professionals. The purpose of this presentation is to present the theoretical lens of transpersonal psychology when looking at medical student pedagogy. Through this, we hope to shed light on emerging personality characteristics that have become desirable among medical students, as well as how to enact more holistic development for emerging medical professionals. This program will include both the presentation of research findings as well as opportunities for participation, engagement, and opportunities to consider application of content from this session.

## The Examined Life: the Writing, Humanities and Arts of Medicine

Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA

### Speakers

#### *Rafael Campo*

Harvard Medical School

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RAFAEL CAMPO was born in 1964 in Dover, New Jersey. A graduate of Amherst College and Harvard Medical School, he currently teaches and practices general internal medicine at Harvard Medical School and Beth Israel Deaconess Medical Center in Boston, where his medical practice serves mostly Latinos, gay/lesbian/bisexual/transgendered people, and people with HIV infection. He is also on the faculty of the Lesley University Creative Writing MFA program.

He is the author of *The Other Man Was Me* (Arte Público Press, Houston, 1994), which won the 1993 National Poetry Series Award; *What the Body Told* (Duke University Press, Durham, 1996), which won a Lambda Literary Award for Poetry; and *The Poetry of Healing: A Doctor's Education in Empathy, Identity, and Desire* (W.W. Norton, New York, 1997), a collection of essays now available in paperback under the title *The Desire to Heal*, which also won a Lambda Literary Award, for memoir. His work has appeared in many major anthologies and has been featured on the National Endowment for the Arts website and on National Public Radio. In November 2013 Duke University Press published his 6th book of poems, *Alternative Medicine*. [Read more about Dr. Campo](http://www.rafaelcampo.com/).

#### *Mike Scalise*

Mike Scalise's work has appeared in *Agni*, *Indiewire*, *Ninth Letter*, *The Paris Review*, *Wall Street Journal*, and other places. He's an 826DC advisory board member, has received fellowships and scholarships from Bread Loaf, Yaddo, and the Ucross Foundation, and was the Philip Roth Writer in Residence at Bucknell University. His memoir, *The Brand New Catastrophe*, was the recipient of The Center for Fiction's 2014 Christopher Doheny Award.

#### *Ghada Al-Absy*

Ghada AL-ABSY (غداغ يسب عل) (fiction writer; Egypt) is the pen name of physician Ghada Mohammed Mohammed Abdelhamid, the author of several novels and short story volumes, among them *كالملا قشيشح* [Angelica] and *يواشيفلا* [Al-Fishawi]. The collection *دالوأ وللا تيب* [The Sons of Nymphs] won the 2014 Organization of Cultural Palaces competition; *وللا تيب* ["House of Almond"] won the 2016 Short Story Egyptian Club competition. Her novel *رضخأل يالكسال* [The Green Cobbler] was a runner-up for the 2016 Akhbar Al-Adab Prize. From 1999 to 2003 she was a soloist at the Cairo Opera House. She participates courtesy of the Bureau of Educational and Cultural Affairs at the U.S. Department of State.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

### ***Elora Apantaku***

University of Iowa Hospitals and Clinics Department of Family Medicine

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Elora Apantaku is a resident physician in the Family Medicine Department at the University of Iowa. Before she was a doctor she was a medical student in Chicago, and before that a college student in upstate New York, passionate about rhetoric and climbing trees to study ecology. Before that, she was in high school and wanted to be a marine biologist. And before that, she was a thirteen year old just diagnosed with diabetes who would later become a doctor who values the opportunity to help and educate patients through humor, science, and art.

### ***Erisa Apantaku***

Erisa Apantaku is a human from the northern suburbs of Chicago. After graduating from Princeton University with a concentration on Evolutionary Biology, Erisa hopped on a plane to Taiwan where she taught science for two years. Returning to the states, Erisa continues to teach science while also engaging in community journalism on Chicago's South Side. She is also a writer, musician, and filmmaker. Additional projects and thoughts can be found at: <https://apeandtaco.wordpress.com/>

### ***Danielle Baran***

Advocate Children's Hospital

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Danielle Baran is a licensed clinical psychologist at Advocate Children's Hospital, Park Ridge in the Center for Developmental & Behavioral Pediatrics. She works with children and their parents, aged 2-21, in diagnosis and treatment of the range of neurodevelopmental disorders. Outside of work, Dr. Baran is devoted to her husband, her 5-year-old English Bulldog and a spirited Preschooler.

### ***Carol Barrett***

Union Institute & University

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Carol Barrett holds doctorates in both Clinical Psychology and Creative Writing. She teaches Poetry and Holistic Health and coordinates Creative Writing in the doctoral program in Interdisciplinary Studies at Union Institute & University. Her books include *~Calling in the Bones~*, which won the Snyder Prize from Ashland Poetry Press. Her poems have appeared in *~JAMA~*, *~Poetry International~*, *~Bellevue Literary Review~*, *~Poetry Northwest~*, *~Blood and Thunder~*, *~Examined Life Journal~*, *~Hospital Drive~*, and *~The Healing Muse~*. A former NEA fellow, she has published scholarship in psychology, women's studies, gerontology, and art therapy. Her poetry collection *ALCHEMY OF BREATH* is seeking a publisher.

### ***Shelley Bobb***

Marquette University

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Dr. Shelley Bobb is a qualitative researcher who studies functioning, communication, and collaboration on health care teams. She was a Lutheran pastor for 26 years. Dr. Bobb obtained her PhD in Organizational Development and Communication at Marquette University, specializing in health care team communication, teamwork, dispute resolution, and qualitative methodology. As a communication scholar, she investigates how teams use language to create work culture and how that impacts their sense of identity, their relationships, the way they view their work, and the people for whom they care. She has researched healthcare teams in hospitals and long term care facilities.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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### ***Brittany Borghi***

University of Iowa

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Brittany Borghi is an essayist in the Nonfiction Writing Program who is perpetually overthinking how things relate. When she is not exploring the connections between Frank Lloyd Wright, department stores, trains, and nuclear power, she is interrogating the proper way to research and write about dying and death care.

### ***M.K. Brake***

University of Iowa

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M.K. Brake is an essayist and poet from Atlanta, Georgia. Her work explores sexual trauma and violence to the female body, and interrogates the choices writers make in form and lexicon to communicate experiences of violence. She is the author of *~The Taxidermist's Girl!* (Dancing Girl Press, 2016). She holds an MFA in Poetry from Louisiana State University, and is currently pursuing her MFA in Nonfiction from the Nonfiction Writing Program at the University of Iowa.

### ***Courtney Bruntz***

Doane University

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Courtney Bruntz holds a PhD in Buddhist Studies from the Graduate Theological Union in Berkeley, CA. Her research interests focus on modern Buddhist practices: intersections of Buddhism and Economics, digitization of Buddhist Temples and Buddhist Practices in China, and experiences of Asian Buddhist communities in the United States. At present, she is an Assistant Professor of Asian Religions at Doane University where she teaches courses in the Religion and Philosophy Department as well as directing the Asian Studies Program. Courses taught at Doane are related to Health and Healing in Asian Contexts, Indian and Chinese Philosophy, and Buddhist Religious Traditions.

### ***Margaret Cary, MD***

The Cary Group Global

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Dr. Margaret Cary is a passionate educator with a physician's mind and a friend's heart, blending a scientist's thinking with a caregiver's empathy. She is a ferocious learner and serial focuser with a lifelong passion for sharing what she's learned. She is an inspirational motivator, occasional humorist, and excellent listener and storyteller. She holds PCC leadership coaching credential, and is a graduate of Georgetown University's Leadership Coaching Certificate program. She is a Master of Polarity Thinking and a NOTSS (Non-Technical Skills for Surgeons) coach. She is an author, trainer, facilitator and on faculty at Georgetown University School of Medicine.

<http://www.thecarygroupglobal.com>

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

### ***Helen Cohen***

Open Studio Productions

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Helen S. Cohen is an award-winning filmmaker and working artist based in the San Francisco Bay Area. She brings to documentary filmmaking a long and diverse history of activism and professional work with cultural, educational and community development organizations. Prior to becoming an independent producer in 2004, Helen was co-director of Women's Educational Media, now called Groundspark, a nonprofit organization specializing in the production and distribution of social issue documentaries. She is the co-creator of the acclaimed Respect for All Project, a program that produces cutting edge films, curriculum guides and training resources to help prevent prejudice among young people.

### ***John Coletta***

University of Wisconsin Stevens Point

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John Coletta, Ph.D., who was born in Connecticut and grew up on Long Island (New York), holds a Ph.D. degree in English from the University of Oregon. He coordinates UWSP Biomedical Writing Minor and co-coordinates Environmental Studies Minor. Professor Coletta is a former President (2010) and Vice President (2009) of the Semiotic Society of America, and currently sits on the Editorial Board of The American Journal of Semiotics.

### ***John Cozart***

After graduating from The University of Texas Medical Branch at Galveston, Dr. Cozart completed his Internal Medicine Residency at The University of Iowa Hospitals and Clinics, where he was chosen as the top resident of his class, and was given the Resident Award for Excellence. Dr. Cozart completed a Gastroenterology Fellowship at Washington University in St. Louis, and then went on to complete an Advanced Therapeutic Endoscopy Fellowship at the University of Toronto. Dr. Cozart has been in private practice since 1999.

### ***Liz Crocker***

Institute for Patient- and Family-Centered care

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Liz Crocker is a writer, the Vice-President of the Institute for Patient- and Family-Centered Care, and the owner of Canada's oldest children's bookstore. She is passionate about health care quality and safety and serves on Saskatchewan's Health Quality Council. She also teaches workshops about the power of stories to transform hospital cultures. Liz is the co-author of "Privileged Presence: Personal Stories of Connections in Health Care"; the lead author of "Transforming Memories: Sharing Spontaneous Writing Using Loaded Words"; and she was the editor of "The Healing Circle: Integrating Science, Wisdom and Compassion in Reclaiming Wholeness on the Cancer Journey".

### ***Grace Dammann***

Laguna Honda Hospital and Rehabilitation Center

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Grace Dammann, MD, co-founded one of the first HIV/AIDS clinics for poor people in San Francisco at Laguna Honda Hospital during the height of the epidemic. She was honored for her work by the Dalai Lama with an Unsung Heroes of Compassion Award in 2005. Three years after the accident, she resumed her work as a physician and returned to Laguna Honda Hospital to direct its innovative pain clinic. Grace spoke at the ribbon-cutting ceremony celebrating the installation of the median barrier on the Golden Gate Bridge in January 2015.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

### ***Joshua Dolezal***

Central College

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Joshua Doležal is a professor of English at Central College. His scholarship appears in journals such as *Medical Humanities*, *Literature and Medicine*, and *Cather Studies*. He is the author of a memoir, *Down from the Mountaintop: From Belief to Belonging* (University of Iowa Press, 2014), which was shortlisted for the 2016 William Saroyan Prize. His poems and essays also appear in *Kenyon Review*, *Shenandoah*, *Hudson Review*, *Utne Reader*, *Fourth Genre*, and other literary magazines.

### ***Ernie Esquivel***

Weill Cornell Medical College

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Ernie Esquivel is an Assistant Professor of Clinical Medicine at Weill Cornell, works as a hospitalist and directs the Internal Medicine Clerkship. He introduced reflection and narrative medicine into the curriculum of the Clerkship and is interested in how student doctors become socialized into the profession and how they form their identity as physicians. He has been recognized for his excellence as a teacher of medical students and as a mentor. Over the years, he has spent time living in the Philippines, Germany and France and this exposure to different cultures has piqued his interest in the meaning of empathy.

### ***Michael Finch***

M Health - University of Minnesota

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Michael has been a nurse practitioner for over twenty-five years within several settings from primary, long term and emergency care to inpatient hospitalist service. Along with direct patient care, he has also undertaken many administrative roles including his current as the lead advanced practice provider with the inpatient palliative care team at M Health – University of Minnesota. When not completing symptom management and goals of care consult orders, Michael can be found writing at the lake, singing at church or eating a red hot while catching a game of his beloved Minnesota Twins. He's married with two adult children.

### ***Melissa Fournier***

Hospice of Michigan

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Melissa Fournier is a perinatal and pediatric hospice social worker, and is also the program director for Michael's Place, a non-profit bereavement support center in Traverse City, Michigan. She holds an MSW from the University of Michigan. Melissa's poetry has appeared in *~Dunes Review*, *~The Sow's Ear Poetry Review*, and is forthcoming in *~Pulse*. She facilitates *Writing Through Loss*, a therapeutic writing program for those grieving the death of a loved one.

### ***Serena Fox***

Mount Sinai Beth Israel Medical Center

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Serena J. Fox is an intensive care physician at Mount Sinai Beth Israel Medical Center, NYC. She believes deeply that poetry and the Humanities have essential roles in the teaching of medicine, ethics, human rights and care-giving. Her poems have appeared in the *Paris Review*, *Journal of the American Medical Association (JAMA)*, and the *Western Humanities Review*. Her book, *Night Shift*, is the basis for a series of poetry and medicine seminars that she facilitated in the NYU School of Medicine Master Scholars Program.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

### ***Ted Fristrom***

Drexel University

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Ted Fristrom is an associate teaching professor of writing and co-director of the medical humanities certificate program at Drexel University. He is assistant editor of the *Journal of the African Literature Association*. He has an M.A. in creative writing from U.C. Davis and a Ph.D. in rhetoric and composition from the State University of New York at Albany. He is working on a book-length memoir on type one diabetes and a long essay on ICU psychosis.

### ***Lucia Gagliese***

York University

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Lucia Gagliese is an Associate Professor at York University and a Staff Scientist at the University Health Network in Toronto, Canada. She holds a PhD in psychology from McGill University. Her research focuses on pain, aging, the psychology of cancer and chronic illness, and end of life and palliative care. She has published widely in medical and psychology journals. She began writing fiction, primarily short stories, about four years ago and recently graduated from the Humber School for Writers. Her first nonfiction essay appeared in *Professorial Paws* and her first short story was published in *The Healing Muse*.

### ***Paul Galchutt***

M Health - University of Minnesota

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Paul has been a healthcare chaplain for thirteen years, ten of which have been with his current employer, M Health – University of Minnesota. He serves on the inpatient palliative care team and works as a staff chaplain within the outpatient clinic setting, primarily among an advanced cancer population. He began to realize there was something to this story “thing” when, while working as a preaching Lutheran pastor within a congregational context, people, especially middle school students, began to pay attention to his sermons when they became narrative based. He’s been married twenty-five years and has two children.

### ***Ann Green***

Saint Joseph's University

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Ann E. Green is a professor of English at Saint Joseph's University in Philadelphia. She teaches courses in writing and medicine; race, class, and gender; and environmental justice. She also teaches in the Inside/Out program, a program where half of the students are incarcerated and half are traditional undergraduate students. She has previously published in *The Intima*, *College Composition and Communication*, *American Rivers*, and a number of edited collections. She is particularly interested in the intersection of race, class, and gender and health care, and she is currently writing about aging and hospice care.

### ***Dawn Gross***

University of California, San Francisco

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Dawn M. Gross earned her MD, PhD from Tufts University. Dawn’s inclination to tell stories made writing scientific articles for medical journals challenging. While training in hematology and bone marrow transplant at Stanford, Dawn’s father became terminally ill. His death simultaneously transformed her practice of medicine and love of writing. Now a hospice and palliative medicine physician, Dawn sees writing poetry and prose as an integral part of her practice. She has recently become host of the first-of-its-kind live, call-in radio program, *Dying To Talk* on 91.7 FM KALW. Learn more at [www.drasyouwish.com](http://www.drasyouwish.com)



## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

### ***Lance Hall***

MeaningWell Consulting

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In his early life, Lance's great joy was taking things apart, figuring out why they worked, and putting them back together. When he studied theater directing under Pulitzer Prize nominee David Feldshuh at Cornell University, he discovered — to his astonishment — that even stories can be dissected, repaired, and reassembled. Armed with this, he started teaching professionals effective communication through storytelling. In 2011, Crohn's Disease nearly took his life, and Lance witnessed the difference between doctors who can tell a story and those who can't. Today, he serves on the Narrative Medicine committee at Advocate Lutheran General Hospital. <http://meaningwell.org>

### ***Jamie Harris***

Advocate Children's Hospital

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Jamie Harris is currently a resident in pediatrics at Advocate Children's Hospital in Chicago. Jamie is a proud father of one. Between being busy with residency and fatherhood, he finds relaxation when he draws, plays soccer, and creatively writes.

### ***Tina Hefty***

Rocky Vista University

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Tina L. Hefty is Assistant Professor of Medical Humanities and Assistant Director of Library Services for Rocky Vista University, an osteopathic medical school with locations in Colorado and Utah. Tina's passion for literature and her appreciation of the comics medium led her to develop and direct a course called Literature & Medicine: Graphic Novels. It has been her experience teaching this course that opened her eyes to how acutely the arts can expand the worldview of medical students, while also observing firsthand the emotional toll experienced by teachers who offer such intimate instruction.

### ***Herbert Heineman***

Retired

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Herbert Heineman is a retired professor of medicine specializing in infectious diseases, as well as former director of the Public Health Laboratory in Philadelphia. He has reviewed some three hundred cases of alleged medical malpractice, for both plaintiffs and defendants, and has testified in court on numerous occasions. Although in writing this story he has drawn on his experience in medicine and the courtroom, all of the events and all of the characters are purely fictional. The presentation will feature reading(s) from his novel Eden's Garden.

### ***Renee Herbers***

Central College

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Renee Herbers is a senior athletic training major at Central College with aspirations to go to physical therapy school. She is a member of the club associated with athletic training and the emerging scholars program.

### ***Donna Hirst***

University of Iowa

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Donna Hirst, Curator, John Martin Rare Book Room, Hardin Library for the Health Science, University of Iowa since 2010.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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### ***Sonya Huber***

Fairfield University

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Sonya Huber is the author of five books, including the creative nonfiction works *Opa Nobody*, *Cover Me: A Health Insurance Memoir*, and *Pain Woman Takes Your Keys and Other Essays from a Nervous System*. Her other books include *The Evolution of Hillary Rodham Clinton* and a textbook, *The Backwards Research Guide for Writers*. Her work has appeared in *The New York Times*, *Creative Nonfiction*, *Brevity*, *Fourth Genre*, and other journals. She directs Fairfield University's Low-Residency MFA Program.

### ***Janet Johnston***

My name is Janet Johnston. I am an affiliate of Amherst Writers and Artists and have been leading writing groups since 2007. I was a psychiatric nurse before retiring and have always been interested in the healing potential of storytelling. When I encountered the AWA method in 2004, I knew it would expand my awareness of this subject but I didn't know it would be as thrilling an adventure as it has been and continues to be.

### ***Greg Katz***

Life Lift Coaching and Consulting

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Greg Katz, MS, MFT, PhD is a textile artist, psychotherapist and arts educator. Greg's work with individuals and health care centers focuses on the impact of a diagnosis of a chronic or life-threatening illness on the individual's narrative. His workshops and research examines the individual's new narrative and its impact on meaning making as reflected through creative expression.

### ***Greg Katz***

Greg Katz, MS, MFT, PhD is a textile artist, psychotherapist and arts educator. Greg's work with individuals and health care centers focuses on the impact of a diagnosis of a chronic or life-threatening illness on the individual's narrative. His workshops and research examines the individual's new narrative and its impact on meaning making as reflected through creative expression.

### ***Janice Kebler***

Currently not affiliated with an institution

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I have spent 38 years as a physiotherapist working in both Canada and the United States in a variety of academic, clinical and business settings. I have a Masters of Science degree in Physiology and a Master of Arts degree in health journalism. Throughout my career, no matter the setting I have pursued opportunities to link objective clinical data with the subjective patient experience to inform my work and publications. Most recently, I have worked in the VA health care system to develop a hybrid model of cardiac rehabilitation that supports a dialogical model of decision-making.

### ***McKenna Kilburg***

Central College

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McKenna Kilburg is a senior biology major at Central College with minors in chemistry and philosophy. Currently, she holds positions as the Vice President of the Health Professions Club, Philosophy Club officer, a Co-Coordinator of the Campus Activities Board, and serves as a student senator. In her future, she hopes to pursue a career in dentistry.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

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### ***Tyler Klenske***

Carver College of Medicine

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Tyler Klenske is a second year medical student. Originally from Davenport, he graduated from the University of Iowa with a bachelor's degree in music. He continues to dabble in poetry and spoken word when in between classes.

### ***Mason LaMarche***

University of Iowa

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Mason LaMarche is a senior Multidisciplinary Sciences major with a focus in Creative Writing and Genetics at the University of Iowa. He has served on the University of Iowa Hospital and Clinics College Student Leader Board and as a Patient Guide at the Free Medical Clinic of Iowa City. In these roles, he has had the chance to write about healthcare with a focus on the patient-healthcare provider relationship. Mason hopes to attend medical school next year and continue to take this work into his medical practice.

### ***Heather Lambert***

Doane University

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Dr. Heather Reeson Lambert is a Professor of Psychology at Doane University. Her training and background in clinical psychology included a focus on sexual abuse and assault, violence, and working with traditionally underserved populations. She serves currently as the President of the Board of Directors of Jana's Campaign, a national education and violence prevention organization with the mission of reducing gender and relationship violence through its program areas in higher education, secondary education and the community.

### ***Jason T. Lewis***

University of Iowa Carver College of Medicine

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### ***Amy Lintner***

The University of Iowa

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An alumna of The University of Iowa, Ms. Lintner is a second year Master's candidate in the College of Education. A former member of an UIHC research team, as well as an employee of UIHC, Amy took special interest in the behaviors of healthcare professionals interacting with patients and their peers in the field. Recently, her work in the Office of Cultural Affairs and Diversity Initiatives at the Carver College of Medicine has given her a new lens to view academic medicine and the way professional higher education is integrated. She is a native Iowan and a proud Hawkeye.

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### ***Mark Lipman***

Open Studio Productions

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Mark Lipman has worked as a documentary filmmaker for thirty years, exploring a wide range of subjects from domestic violence to human sexuality to affordable housing and community organizing. His films have been broadcast nationally on public television and won numerous awards. Mark has produced media for non-profit organizations throughout New England including the Isabella Stewart Gardner Museum. As a freelance editor, he has worked for the NOVA series at WGBH/Boston and for many other Boston-area companies. He has taught editing and production classes to young people and adults in Massachusetts, Maine, Indiana and California.

### ***Darcy Metcalfe***

University of Iowa

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Darcy is an ordained minister in the PC(USA) and became interested in bioethics through work as a hospital chaplain. She is currently a Ph.D. student in the Religious Studies Department at the University of Iowa. She is studying bioethics, and specifically ethics regarding genetic testing/engineering and historically vulnerable populations in the United States. Darcy has also been active for many years in advocacy work related to gender justice and child welfare.

### ***Judith Montgomery***

Judith H. Montgomery's poems appear in ~Ars Medica~, ~Healing Muse~, ~American Journal of Nursing~, and ~Prairie Schooner~, as well as in a number of anthologies. Her first collection, ~Passion~, received the 2000 Oregon Book Award for poetry. Her second, ~Red Jess~, appeared in 2006; her third, ~Pulse & Constellation~, in 2007. She has been awarded several prizes in poetry, including an award from ~The Bellingham Review~. Her new manuscript, LITANY FOR WOUND AND BLOOM, was a finalist for the Marsh Hawk Poetry Prize in 2016. She holds a Ph.D. in American Literature, and teaches poetry workshops throughout Oregon.

### ***Leslie Morris***

University of Minnesota

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Leslie Morris is Associate Professor of German and Director of the Center for Jewish Studies at the University of Minnesota. She has published widely on the poetics of memory, trauma, and the Holocaust, and has co-edited three volumes of essays that explore contemporary Jewish culture in Germany. The most recent, ~Three-Way Street: Jews, Germans, and the Transnational~, came out with the University of Michigan Press in 2016. As part of her current project, a hybrid memoir that is experimental in form, she is participating in the Washington (DC) Center for Psychoanalysis New Directions program.

### ***Laura Moser***

Laura Moser is a graduate student in the University of Iowa's Literary Translation MFA program, and a graduate teaching assistant for the Department of Classics. She translates from ancient Greek and Latin, specializing in early Greek poetry, and is currently working on her MFA thesis on that topic.

## **The Examined Life: the Writing, Humanities and Arts of Medicine**

*Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA*

### ***Ananya Munjal***

University of Iowa

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Ananya Munjal is a pre-medical student at the University of Iowa studying Human Physiology and Creative Writing.

### ***Sharon Nelson***

Novant Health

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Sharon Nelson oversees arts and health initiatives for Novant Health, a four-state integrated healthcare system headquartered in North Carolina with 14 hospitals and more than 500 outpatient clinics. Her focus is strategy and program development around the use of the arts in patient care, the visitor experience and employee engagement. Her work covers everything from environment to hands-on art activities, music, yoga, aromatherapy, narrative and literature. Program examples include a system-wide book discussion program for team members, a workshop on mastering the art of difficult conversations for clinicians, and life narrative interviews and other arts engagement opportunities for hospital patients.

### ***Katrina Okerstrom***

University of Iowa

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Katrina Okerstrom is pursuing a PhD in Neuroscience at the University of Iowa, where she is currently a student in the Interdisciplinary Graduate Program, and most recently presented “Vulnerable Hubs in Human Brain Networks: A Developmental Approach.”

### ***Tomasz Okon***

Marshfield Clinic

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Dr. Tomasz Okon, a 1997 graduate of the Medical College of Ohio, has been involved in medical education throughout his professional career. He has been directing Marshfield Clinic Palliative Medicine Fellowship since 2002 and has contributed to creation of the Hospice and Palliative Medicine (HPM) Core Competencies and the HPM Entrustable Professional Activities. Presently, he is involved in creating ACGME reporting milestones in HPM. Dr Okon has chaired the Wisconsin Medical Society Council on Ethics, and has been HPM contributor to UpToDate since 2002. Dr. Okon teaches medical interview and communication skills to undergraduate students, medical students, residents and fellows.

### ***Jack Penner***

Georgetown University School of Medicine

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Jack is an eternally curious Georgetown University medical student who brings the synergistic perspectives of a developing physician and coach to his work with future medical professionals. Since seeing the impact of coaching on his resilience, empathy, and leadership, he has leapt head first into helping medical students become compassionate caregivers and healthcare leaders. He and his coach, Dr. Margaret Cary, have built a program for medical students, pairing them with executive coaches. Their work together has been featured in Washington Post, Harvard Macy Institute, and multiple healthcare publications as they work to transform the training of tomorrow's doctors.

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### ***Nancy Rappaport***

Harvard Medical School/Cambridge Health Alliance

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Dr. Nancy Rappaport is a part-time Associate Professor of Psychiatry at Harvard Medical School and a consultant in the Psychiatry department at Cambridge Health Alliance. She is the author of *In Her Wake: A Child Psychiatrist Explores the Mystery of Her Mother's Suicide* (Basic Books, September 2009) and *The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students* (Harvard Education Press, April 2012), written with behavioral analyst Jessica Minahan.

### ***Annie Sand***

University of Iowa

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Annie Sand is a memoirist and nature writer from Southeast Ohio. In her work she considers transgenerational trauma and the stories we tell about family and wellness. She is a graduate from the Nonfiction Writing Program at the University of Iowa, and her work has appeared in venues such as ~H.O.W.', ~Literary Orphans' and ~Nowhere'.

### ***Carol Scott-Conner***

University of Iowa Carver College of Medicine

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Carol Scott-Conner is Emeritus Professor of Surgery and Nonfiction Editor of "The Examined Life Literary Journal" at Carver College of Medicine. She currently participates in two writing groups. In addition to textbooks, she has published two collections of short stories and three monographs on medical writing.

### ***Rosemary Skriver***

Central College

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Rosemary Skriver is a senior biology major at Central College, pursuing the field of Dentistry. Apart from academics, she is involved in the Symphonic Wind Ensemble, as well as holding leadership positions within her sorority, Zeta Upsilon, and Central's TriBeta Honor Society.

### ***Katherine Standefer***

Independent/ The University of Arizona

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Katherine E. Standefer writes about the body, consent, and medical technology from Tucson, where she earned her MFA in Creative Nonfiction and now lectures in a narrative medicine pilot at University of Arizona's College of Medicine. Winner of the 2015 Iowa Review Award in Nonfiction, she teaches her own intimate classes that help community writers explore sexuality, illness, and trauma. Her writing on the structure of trauma narratives appears in the anthology *How We Speak to One Another*; other recent work appears in *Beautiful Flesh: A Body of Essays* and *The Best American Essays 2016*.  
[www.KatherineStandefer.com](http://www.KatherineStandefer.com)

### ***Richard Stone***

StoryWork International

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As CEO of StoryWork International, Richard helped develop LivingStories. He is the co-creator of StoryCare®, and has authored the *Healing Art of Storytelling* and *Stories: The Family Legacy*. Richard is a recognized national speaker and earned a M.S. in Clinical Psychology from Peabody College at Vanderbilt University.

## The Examined Life: the Writing, Humanities and Arts of Medicine

Roy J. and Lucille A. Carver College of Medicine, Iowa City, IA

### *Nina Stoyan-Rosenzweig*

University of Florida

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HIV infection is no longer a death sentence, but infection is a public health concern and certainly so in areas where groups may not know their risks. Thus, education and provision of accurate information on the virus and living with infection can reduce risk or ensure treatment is vital. Using effective formats to teach large numbers can be a key means to educate the public. Because of the narrative structure and ability to reach and excite emotions and imagination, theater arts are an excellent way to engage audiences in educational efforts. Bearing this reality in mind the UF Health Science Center Libraries made creation of videos a part of a grant contract designed to disseminate accurate information on HIV/AIDS, and partnered with a visiting faculty theater producer with the Center for the Arts in Medicine. This partnership produced 4 successful videos using different approaches to reach the target groups.

### *David Thoele*

Advocate Children's Hospital

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David Thoele is Co-Director of Narrative Medicine (NM) and a pediatric cardiologist at ACH. His creative essays are featured in Pulse, Hektoen International and Physicians Practice, and he has presented at The Examined Life Conference. He learned the healing power of writing when his daughter got sick and he experienced the medical system from a parent's perspective. He created and co-directs the NM group at ACH. The group meets monthly, using writing and meditation to promote healing. He is the Principal Investigator of an IRB project examining the effectiveness of writing to reduce stress for families and health care providers.

### *Katherina Grace Thomas*

Author and Founding Editor of Ebola Deeply

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Katherina Thomas is a British-American journalist, author and researcher focused on public health and medicine. She has lived and worked in West Africa since 2007, most significantly in Liberia. Her work draws on the relationship between health, inequality and narrative, community interpretations of illness, and medical anthropology. During the Ebola outbreak she became the founding editor of Ebola Deeply, a platform that charted the stories and the course of the Ebola outbreak, serving the global public health community. Her forthcoming book, Heart Fall Down, is an oral history of the Ebola outbreak in Liberia.

### *Gina Vozenilek*

University of Illinois College of Medicine

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Gina P. Vozenilek has an MA in English from the University of Iowa and an MFA in creative nonfiction from Northwestern. By day she is a grant writer for a Catholic hospital system in Illinois, where she also serves on a task force to integrate health humanities into the curriculum for the University of Illinois College of Medicine. By night she works and writes for The Jack Pribaz Foundation, a nonprofit that raises awareness and research funds for KCNQ2-related epilepsy. Her essays have appeared in ~Ars Medica~, ~Tampa Review~, ~Sport Literate~, ~Brain,Child~, ~Notre Dame Magazine~, and elsewhere.

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### ***Alex Waad***

The University of Iowa

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Mr. Waad is a second-year Masters student in the College of Education at the University of Iowa. During his undergraduate career at the University of Delaware, he studied Psychoanalytics and Human Development and Family Sciences. It was through this academic course of study he gained an interest in examining how fostering transpersonal values was linked to how pre-health students approached balancing course material and fostering interpersonal communication skills. Waad currently does research within the College of Education, as well as at Christiana Hospital in Delaware studying the link between Minority Stress Theory and ischemic heart diseases.

### ***Philip Weitzl***

Doane University

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Philip Jude Weitzl is a professor of English at Doane University, where he was named the 2010 Teacher of the Year. He created the school's Writing Center and now serves on its Health and Society advisory committee and an Applied Humanities working group. He recently partnered with Bryan College of Health Sciences to develop a writing workshop for health care professionals in southeast Nebraska. A former political speechwriter, he holds a Master of Fine Arts in Creative Writing from the University of Nebraska and has published essays in various literary magazines. He is also a frequent contributor to ~Nebraska Life`.

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### ***Joanna White***

Central Michigan University

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Music professor Dr. Joanna White just received an M.A. in creative writing and has had works in: JAMA, The Examined Life Journal, American Journal of Nursing, Healing Muse, Measure, Third Wednesday, Dunes Review, Sow's Ear Poetry Review, MacGuffin, Temenos, KYSO Flash Anthology, Cape Rock, Chariton Review, Earth's Daughters, Ars Medica, Abaton, Pulse, Chest Journal, Medical Literary Messenger, Blood and Thunder, and The Intima. She has given readings at conferences (including the Examined Life Conference), records chamber music CDs, (including Poet as Muse/Centaur Records) and writes music articles for journals. Her recent poem about musician's focal dystonia appeared in JAMA.



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### ***Jerald Winakur***

The Center for Medical Humanities and Ethics, UT Medicine, San Antonio, Texas

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Jerald Winakur, MD, MACP, CMD practiced internal medicine and geriatrics for almost 40 years. For the last 15 years he has taught medical ethics and humanities to students at the UT medical school in San Antonio, including the ongoing course "Medicine Through Literature." His first book, "Memory Lessons: A Doctor's Story", chronicles the journey he took with his father and Alzheimer's disease. "Human Voices Wake Us", his first volume of poetry from the "Literature in Medicine Series" of Kent State University Press will be published July, 2017. His column, "Meditations on Geriatric Medicine", appears quarterly in "Caring for the Ages."



Disclosures of Relevant Financial Relationships

Nina	Soyan-Razewicz	No	Understand this obligation
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Katherine Grace	Thomas	No	Understand this obligation
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Alex	Weil	No	Understand this obligation
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Joanna	Wilder	No	Understand this obligation
David	Winkler	No	Understand this obligation
Jerald	Winkler	No	Understand this obligation