

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

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

10/24/2019

08:00 - 09:00 in MERF Atrium

Check In/light breakfast .

09:00 - 09:45 in 2117 MERF

Welcome Plenary session

10:00 - 11:15 in 2117 MERF

The Examined Life Journal: Putting Together an Issue MD/PA credit not available for this session, Panel discussion

Brittany Bettendorf MD, Bruce Brown MD, Carol Scott-Conner MD, PhD, MBA, Gate Dicharry, Jason Lewis MFA, Serena Fox MD

The editorial staff of The Examined Life Journal will describe the process of putting together an issue-- from selecting pieces to going to press. We will also discuss the history of the journal and practical considerations to keep in mind when planning each issue. There will be ample time for questions at the end. This panel may be of interest to those interested in submitting to The Examined Life Journal, editors of similar publications, or those interested in starting a likeminded journal at other institutions.

10:00 - 11:15 in 1117 MERF

Let's write together: Creating a multi-institutional reflective writing study using the 3MMM method Panel discussion

David Thoele MD, Gina Vozenilek MFA, MA, Marjorie Getz PhD, Sheri Reda MA MLIS, Therese Woodring MD

Illness and the modern health care system create significant stress for patients, families, doctors, nurses, and other health care providers. Expressive writing is an established method for coping with stress. We designed a short writing exercise, the 3-Minute Mental Makeover (3MMM), to be used in a simultaneous writing and then interactive sharing process, by practitioners with their patients in the context of in- and out-patient settings, and found that concurrent writing decreased stress for all. We worked together to design IRB-approved research at our respective institutions, in Chicago and Peoria. Participants in this discussion will practice the 3MMM so they can use it in their own clinical settings. Then we will discuss how we are coordinating our research and invite participants to consider joining us as we develop a multi-institutional study examining use of the 3MMM in hospitals and clinics.

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

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

10/24/2019

10:00 - 11:15 in 1289 CBRB

The Poetry of Caregiving: Witness, Art, Insight Panel discussion

Arne Weingart MFA, Natania Rosenfeld PhD, Ruth Danon PhD

Poetry's relation to suffering is symbiotic; grief and loss have always inspired poems which then express and help to soothe the pain that occasioned them. While elegy is a common genre of the poetry of grief, the focus in our time may well have shifted to a poetics of caregiving. How does witnessing a parent's or spouse's decline, or raising an autistic child, shape the carer's poetry? What artistic resources does she bring to her situation? How does poetry help the writer with the challenges of caregiving, and how does it affect readers? Our panel of poets/teachers who are also experienced caregivers will explore such questions, as we briefly share our own work and engage the audience.

10:00 - 11:15 in 1459 PBDB

Making Art Work: Building Empathy and Visual Acuity Using Art Objects

Workshop

Brady Plunger MA, Kimberly Datchuk PhD

This workshop builds close looking and empathy skills using original artworks from the University of Iowa Stanley Museum of Art education collections. Medical schools have partnered with museums to bolster these critical skills in their students, but incorporating art can seem daunting. During the workshop, curators from the Stanley will guide participants through exercises to increase their visual literacy. Participants will engage with artworks through "slow looking" exercises, hands-on activities, and facilitated discussions. This multi-faceted approach invites participants (1) to analyze and describe complex visual materials, thereby enhancing visual acuity, and (2) to build communal meaning and understanding through discussion, building empathy and critical listening skills. Participants will leave with practical steps to continue the exercises on their own or with students.

11:15 - 1:00 in MERF Atrium

Break/Lunch .

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

10/24/2019

12:45 - 2:15 in 2117 MERF (then a short walk to UIHC Medical Museum)

Artist-Art and Illness Exhibition Series Featured presentation, Visual Art Tour

Bruce Schertering MFA, Dylan Mortimer MFA

Project Art's mission is to enhance and transform the UIHC healthcare environment through the arts by providing aesthetic, contemplative and visual thinking experiences for our patients, families, visitors and staff. This presentation introduces a temporary exhibition program at the UIHC Medical Museum that focuses on artists who examine personal or family health challenges through their art practice.

Artist Dylan Mortimer explores his relationship to cystic fibrosis through artworks that transform his diagnosis into something visually poignant. Despite humble associations, Mortimer's use of glitter appears polished and elevated. His art engages with spirituality and science, including references to halos, cells, pop culture and commerce. Through his technique and imagery, Mortimer provides an accessible way to prompt discussion of cystic fibrosis.

On view at the UIHC Medical Museum.

2:30 - 3:45 in 2117 MERF

Survivors Teaching Students: Sharing Stories Assists in Earlier Diagnosis of Ovarian Cancer Panel discussion

Bridget Toomey, Jane Fleming, Susan Leighton BS, MA

Survivors Teaching Students (STS), a program of the Ovarian Cancer Research Alliance (OCRA), brings survivors of ovarian cancer into the classrooms of medical and nursing schools and physician assistant and nurse practitioner programs to present a fact-based presentation about the signs, symptoms and diagnosis of the disease brought to life through personal stories. There is no screening test for ovarian cancer. Over two-thirds of women are diagnosed when the disease has progressed to an advanced stage when the five-year survival rate is less than 30%. Early diagnosis requires a woman's recognition of symptoms and consideration of ovarian cancer in the differential diagnosis. STS is proven to increase students' understanding of ovarian cancer symptoms and risk factors. Sharing stories empowers survivors who use their voices to impact lives of others who may face this disease.

10/24/2019

2:30 - 3:45 in 1459 PBDB

The Ethical Gray: Finding a Way Through Discussion session

Melissa Fournier LMSW

In the space of ethical uncertainty, perhaps one of the most important questions healthcare providers can ask comes from Dr. Rita Charon, founder of Narrative Medicine: "Where am I in my patient's story?" Together we will discuss the roles of healthcare professionals in patient narratives, and how we might draw from stories and text to intentionally shape our interactions to benefit those who face end-of-life decision making and the bereavement process. I will read from my chapbook, *Abruptio*, a compilation of lyric poems composed after the death of my daughter born at the edge of viability during the twenty-third week of gestation. I will draw upon my combined 25 years of experience as a mental health practitioner, hospice, end-of-life, and bereavement specialist, as well as my experience as a bereaved mother to facilitate the conversation.

2:30 - 3:45 in 2189 MERF

The Art of Communication: Finding Opportunities to Improve Physician-Patient Interactions Discussion session

Laurie Reed MS

Effective communication is at the heart of good patient-physician interactions. It is the sacred exchange that can either promote healing and lead to better health outcomes OR disrupt and damage the physician-patient relationship. At the root of patient engagement, physician engagement, patient-centered care, and compassionate care is effective communication. And the key elements of good, effective communication between physicians and patients are trust, empathy, and listening. This discussion will explore what good communication looks like and feels like utilizing patient narratives. Based on these real-world experiences, attendees will identify, review, and discuss opportunities to improve physician-patient communication going forward.

2:30 - 3:45 in 1117 MERF

The Third Thing: Using Images to Promote Storytelling in Healthcare Workshop

Janet Hortin MD, John Geneczko MD

We are two practicing physicians exploring how images serve as relationship builders with patients and health care colleagues.

One of us does primary care home visits. She will show how pictures and other visual elements facilitate connection with patients by acting as a third thing during these encounters.

The other is a sub-specialist from a large academic institution located in multiple locations. He is using photography as a way to enhance inter-professional relationships and to share stories in a practice separated by walls and distance.

Participants will be asked to bring a photo of something from their homes for sharing. There is also a request to bring a cell phone for taking pictures. We will talk about how to enhance and share these photos. We will use a think/pair/share model with both these activities.

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

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

10/24/2019

4:00 - 6:00 in

Dinner on your own .

6:15 - 7:45 in Old Capital Museum, Downtown Iowa City

How to Find and Tell Great Stories (and Why Greatness Matters) Featured presentation, MD/PA credit not available for this session, Open to the Public

Stephanie Foo

Too often in storytelling--especially scientific storytelling--writers present case studies instead of stories, to the detriment of patients and readers. So how do we eschew mediocrity, find truly amazing stories, and give our subjects' stories the power and respect they deserve? Former *This American Life* producer and Emmy winning journalist Stephanie Foo teaches you how to tell stories that sing -- and make an impact.

7:45 - 9:00 in Old Capitol Museum, Downtown Iowa City

Reception .

10/25/2019

07:30 - 08:30 in MERF Atrium

Light Breakfast .

08:30 - 09:45 in 2117 MERF

Sounding the Heart: Nuance, Narrative and The Lost Art of Auscultation

Discussion session

Daniel Waters DO MA

In the milieu of modern medicine, listening is rapidly becoming a lost art. Diagnostic technology, artificial intelligence, telehealth and point-and-click electronic records inexorably erode the personal connection that once defined the patient encounter. In this presentation we will explore the simultaneous stories, the emotional interfaces and the uniquely human qualities that allow care to be given and received. Using the perhaps soon-to-be anachronistic model of cardiac auscultation, we will emphasize how narrative competence, nuanced listening and clinical skill can lead to a more effective and satisfying experience for both patient and provider. No Stethoscope required!

08:30 - 09:45 in 2189 MERF

We Are All Agents of Change: Art, Health, and Advocacy Discussion session, MD/PA

credit not available for this session

Greg Katz MS, PhD

It takes more than appealing to someone' intellect to inspire change -Katja Iversen

How does change happen in health and wellness? Is there a cause near and dear to your heart, either personal or professional, trying to move you to action? Advocacy allows us to express our values, share our passions, and create change in our communities and societies. Art is a powerful language in all its forms. Art as an avenue for advocacy is influential because it allows us to process information in new ways. It allows us to access parts of our emotional and spiritual selves seeking an outlet for expression. We'll explore the ways art has been used for education, challenging the status quo, and providing new opportunities for shifting perspectives. We can all be leaders of change. Identifying the best way to convey our message is the challenge and the reward.

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

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

10/25/2019

08:30 - 09:45 in 1289 CBRB

Visual storytelling: cell phone images, reflection, and tolerance for ambiguity Workshop

Yeuen Kim MD MAS

After defining photo-elicitation and tolerance for ambiguity, we will review an intervention using cell phone photography workshops for homeless veterans processing post-traumatic stress in group settings. Workshop participants will then capture images in response to a prompt from the facilitator, then return to the workshop to upload and share an image. The facilitator will encourage visual thinking strategies to elicit reflection among participants in response to each image, with the goal of improving confidence among participants to lead a similar workshop at their own institution. We will end with resources for medical humanities by institution.

08:30 - 09:45 in 1459 PBDB

Joy Writing: A workshop to rekindle your calling to the healing arts Workshop

Gina Vozenilek MFA, MA

That 44% of physicians in a 2019 Medscape survey reported being burned out is no surprise to anyone. Much has been written about the problem, and one might say that the very language of the burnout epidemic is itself exhausted. A vocabulary of empowerment is emerging that includes words like resilience and joy. This workshop will celebrate this turn toward reclamation. We will practice using the Amherst Writers' method, which emphasizes creative risk-taking, forging a supportive writing community, and growing through shared vulnerability. From selected readings and writing prompts, participants will explore their vocation to the healing arts and engage in creative meaning-making.

10:00 - 11:15 in 2117 MERF

Narrative Medicine as Advocacy: Opinion Editorial Writing Pedagogy Panel discussion

Brittany Bettendorf MD, Melissa Palma MD

Two physician-writers will describe the curriculum development and pedagogical framework used to pilot narrative medicine electives with a focus on editorial writing as a tool for patient and physician advocacy. Dr. Palma will discuss a five-week seminar offered to first- and second-year medical students at Northwestern University entitled "Narrative Medicine as Advocacy: Opinion Editorial Writing." Dr. Bettendorf will describe a month-long elective for third- and fourth-year medical students offered at the University of Iowa Carver College of Medicine entitled "Editorial Writing for Medical Students ." Both electives explore the practice of writing opinion editorials to improve the public's understanding of health and healthcare. This session will be a dynamic opportunity to learn about curriculum initiatives offered by the presenters and will invite audience participation to discuss and share similar curricula at other institutions and to voice new ideas.

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

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

10/25/2019

10:00 - 11:15 in 1117 MERF

The Creation of a Sustainable, Student-Led Journal for the Arts Discussion session, MD/PA credit not available for this session

Alexandra Cohn BS, MSt, Bruce Campbell MD, Kimberly Tyler BS, MS, Marc Drake BS

Auscult, the Medical College of Wisconsin's literary journal, has been published intermittently since the 1990s. Over the past year, the current student editors have focused on ways to increase sustainability, including improving ease-of-submission and communication between the editors and authors. Our current goals include establishing a year-round submission system and increasing visibility through the use of social media. Through our use of Amazon's CreateSpace, we continue to provide access to an on-demand print version of the journal. Our talk will outline our strategy for publication, including timeline, how we solicit submissions, inclusion criteria, and our current focus on sustainability.

10:00 - 11:15 in 1289 CBRB

Wounded Healers and the Power of Reflective Writing Workshop

Claudia Finkelstein MDCM, Elizabeth Lawrence MD, Jeanne Bereiter MD, Maureen Mayhew MDCM, MPH

The wounded healer appears in traditions from Greek mythology to Native American Shamanism and European psychology. When clinicians care for patients, exposure to trauma is inevitable. We care for the suffering and hear their stories. We receive minimal training in how to recognize these encounters as emotionally challenging or heal our professional wounds. Chronic stress and social isolation can result, compounded by past trauma, little opportunity to safely debrief, and a focus on helping others while ignoring our own needs. In this workshop we review some history of the wounded healer and how it applies to modern clinical practices. Participants participate in guided imagery, self-compassion, and reflective writing in a safe space for sharing. They will leave with tools to enhance resilience and the ability to thrive in the challenging clinical environments in which we practice.

10:00 - 11:15 in 1459 PBDB

Using Tools of Narrative Medicine to Support Medical Students in their Clerkship Year: A Course Entitled Foundations on Doctoring Workshop

Susan Ball MD, MPH, MS

In 2011, at the request of a group of second year medical students anticipating the challenges and rewards of their clerkships, we created a year-long elective which allows for collective debriefing on various themes encountered during the clerkships but not addressed formally in the curriculum. Themes such as bias and discrimination, honesty and truth-telling, professionalism and human compassion all touch on concepts of the hidden curriculum, student wellness, and professional identity formation. Narrative Medicine allows for student self-expression as well as linking individual experience to universal truths. Students participating in the elective have offered uniformly enthusiastic responses. This workshop will give an overview of the course and offer an example of Narrative Medicine teaching with an opportunity for group discussion, reflective writing and shared reflections.

10/25/2019

11:15 - 12:45 in MERF Atrium

Break/Lunch .

1:00 - 2:15 in 1110 MERF

The Vital and Energetic Interplay of the Somatic, the Affective and the Cognitive in an Audience's Experience of Theater. Featured presentation, MD/PA credit not available for this session, Open to the Public

Anne Bogart BA MA

In our current digitally dominated environment, the theater has become a sacred place wherein dramatic and vitally energetic encounters can occur within the delineated time and space of a production. The audience enters into the dark chamber of a theater, lamp in hand, searching for something, ready for a journey. The actor meets them there and the expedition begins. What is happening?

What is the actor doing?

What is the audience doing in relation to what the actor is doing?

What is the audience's job and what role do they play?

How are they physically and neurologically engaged?

How is the audience's experience shaped by other audience members? An audience in the theater experiences the unfolding events on many different frequencies, which resonate in separate regions of human perception.

Borrowing from notions in psychology, I will examine three localities – the somatic, the affective and the cognitive systems – in order to analyze the phenomenon of a dramatic encounter. These three streams are, of course, profoundly entangled, but the separation may be useful in order to consider what it means to be an audience in the theater.

2:30 - 3:45 in 1289 CBRB

Narrativizing Pain: the Craft of Empathy and Connection Panel discussion

Annie Sand MFA, Elena Carter MFA, Megan Knight MFA

We take as given that writing is an act of translation: taking our singular experiences and putting them into words that someone else might understand. It is an attempt to make self legible to community. When we write about pain that act of translation becomes even more difficult. Society tends to validate stories of physical pain over psychological, acute over chronic, masculine over feminine, young over old. Especially in moments when many stories surface at once--as with the #MeToo movement and sexual violence, or Black Lives Matter and police brutality--the very space of the narrative becomes a battleground for whose pain is worthy of attention and justice and whose is not. In this panel three writers and educators will discuss the ways in which stories about pain become political acts, adding to our collective argument of what and whose pain matters.

10/25/2019

2:30 - 3:45 in 2189 MERF

More Story Than Time: An Introduction to the Tools of Narrative Health Practice Workshop

Laura Hope-Gill MFA, Laurie Kovens MSW, LCSW

Do you have the feeling there is more story than time in encounters with your patients or students? Are you are looking for ways to soften the calluses of burnout or secondary trauma, or the challenges of working in complex or overburdened systems?

Narrative Health utilizes close reading, discussion, and reflective writing to deepen our engagement with our work and the people we serve. We also call on poetry, Expressive Writing, and other creative encounters, to reignite passion for creative work, story telling, teaching, and change-making.

Join us in this hands-on, ears-on, hearts-on practice in developing Narrative Competence -- what Dr. Rita Charon, founder of Narrative Medicine, describes as, the capacity to recognize, absorb, metabolize, interpret, and be moved by stories of illness.

Explore where and how to dive deeper into Narrative Health practice when you return home.

2:30 - 3:45 in MERF Atrium (then a short walk to the John Martin Rare Book Room, Hardin Library)

Art and Medicine - Partners through the centuries .Visual Art Display, MD/PA credit not available for this session

Donna Hirst MPH, MLS

This session features 20 rare medical books from 1493-1854 highlighting medical illustrations of anatomy, medical procedures, herbals, etc.

Life is short, but art is long. -- Hippocrates.

The activities of both the physician and the artist represent a best transcription of reality, the nearest approximation of the truth about a human being. --Richard S. Field

2:30 - 3:45 in 1459 PBDB

The Art of Disease Discussion session

Craig Shadur MD

As long as man has made art there has been an illustration of human disease. I would like to use examples of artistic works - both modern and contemporary that illustrate disease and use them as a discussion point about the artist's purpose of depicting a disease state and how we approach individuals with disease both graphically and in real life.

10/25/2019

4:00 - 5:15 in 1155 MERF

Writing and Responding to Illness Narratives Workshop

Ann Green PhD, Ted Fristrom PhD

This hands-on workshop will use sample student texts to discuss responding to student writing focusing on illness and trauma, in a variety of different classroom contexts. We will consider the ways in which writing about illness and trauma can be healing, while also considering the limits of that healing and possible consequences of writing as retraumatizing. We are particularly concerned with the ethics of responding to stories about illness and how the subject position of writersâ€™ their intersectionality and race, class, gender, sexualities, and dis/abilitiesâ€™ affects the professorâ€™s response. Workshop members will be invited to respond to writing prompts, comment on sample essays, raise their own concerns about studentsâ€™ disclosures, and leave with ideas about effective assignments and response strategies.

4:00 - 5:15 in 1459 PBDB

Lung Cancer in Life and Art: Staging Terminal Disease in LATERALITY (a Play by Leigh M. Marshall) Performance piece

Leigh M. Marshall MFA, Lila Rachel Becker MFA, Luke Daniel White MFA, Meredith Alexander MFA

In the summer when I was sixteen years old, my father developed a cough; three weeks later, he was dead from adenocarcinoma. The out-of-the-blue loss of my father to cancer would become the foundation of my play, LATERALITY, which received its acclaimed world premiere at the University of Iowa. Lung Cancer in Life and Art leads with an excerpt of LATERALITY performed by the original cast, followed by a discussion and audience Q&A about the process of staging illness, featuring Professor Meredith Alexander (Department of Theater Arts, Directing), a survivor of lung cancer; the director (Lila Rachel Becker); and me (the playwright, Leigh M. Marshall). How can artists stage illness in a way that is non-exploitative? How can healthcare professionals understand the long-lasting emotional impact they make on their patients, an impact that may serve as inspiration for art?

4:00 - 5:15 in 2189 MERF

Inner Demons and Better Angels: Connecting the Mind and the Body in Personal Narrative MD/PA credit not available for this session, Workshop

Philip Weitzl MFA

In *The Writing Life*, Annie Dillard instructs aspiring writers: "You were made and set here to give voice to this, your own astonishment. Her point is both inspiring and troubling for the questions it raises. What does astonishment look like on the page? How can writers depict the complexity of their revelatory experiences or actualize their metaphysical catalysts such as grief or regret? Is it possible to turn mental and emotional turmoil into compelling narrative, to externalize invisible distress that barely makes sense inside our own minds? This interactive workshop will answer these questions by examining a range of models, from literature and film to politics and professional wrestling. The goal of this lively session will be to identify tools and techniques for translating ideas and abstractions into sensory images to create narrative tension and convey meaning.

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

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

10/25/2019

4:00 - 5:15 in 1289 CBRB

The Time We Have Video Documentary Screening

David Watts MD MA, Joan Baranow PhD

The Time We Have follows the last year in the life of Caitlin Dolaghan, a young woman battling a rare bone cancer. She is told by her doctors that the cancer has spread to her lungs and that further treatments would do little to prolong her life. Against all odds, Caitlin lives a full year beyond her prognosis. Throughout the year, with the help of her hospice physician Dr. Nancy Iverson, Caitlin uses poetry writing to release her anger, her sense of injustice, her fear. The act of writing becomes a real source of strength; as one physician puts it, the family learns to "speak the unspeakable." Finding words for the unspeakable helps the Dolaghans cope with their ordeal and embrace moments of hilarity and joy. Caitlin was quirky, funny, and brave--she wanted to make a mark on the world, and she did.

5:15 - 7:00 in MERF Atrium

Attendee Reading and Reception

Read your latest and greatest!

Sign up instructions will be emailed to registered attendees one week before the conference begins.

A waiting list may be available at the registration table for those who couldn't sign up.

7:15 - 8:30 in 2117 MERF

Fixing Healthcare: Overcoming the Intimacy Gap Between Doctors and Patients Through Shared Storytelling Featured presentation, MD/PA credit not available for this session, Open to the Public

Jordan Grumet MD

In the talk I will weave two stories from practicing medicine and relate them to how we need to bridge the intimacy gap between providers and patients to both fix our healthcare system and ward against physician burnout.

10/26/2019

08:00 - 09:00 in MERF Atrium

Light Breakfast .

09:00 - 10:15 in 2117 MERF

Post-workshop Storytelling Performance MD/PA credit not available for this session, Performance piece

Sheri Reda MA MLIS

Six of the participants in "Take Control of the Narrative: A Storytelling Workshop," self-selected and also selected by lottery, will share six- to eight-minute stories developed or completed through the workshop. These stories will be emblematic of the way in which storytelling techniques can help contextualize and mine meaning from lived experience.

09:00 - 10:15 in 1459 PBDB

Telling Tough Stories: Writing Illness and Disability MD/PA credit not available for this session, Workshop

Kathryn Trueblood MFA

Our culture is preoccupied with the restoration narrative, that comforting story in which the sick recover and return to being themselves or even discover a silver lining to illness and disability. What the restoration narrative leaves out is the story of chaos, chronicity, and non-conformity. Writing about illness is inherently problematic. Will you bore your readers? Depress them too much? Shock them by laughing?

As writers, we need to believe our stories matter and that we have a right to tell them. So we'll address strategies for not subverting ourselves, using lots of examples and writing prompts, then discuss specific issues, such as how to avoid the sainthood trap; when to let a character have a pity party; why it's necessary to rage and be raw; and how to help your readers tolerate ambiguity.

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

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

10/26/2019

09:00 - 10:15 in 2189 MERF

Melody and Malady: A Discussion of the Intersections Between Music and Medicine Workshop

Elliot Stalter BM

Musical performers and medical practitioners share a concern for the human condition. While musicians focus on emotional and physicians on physical and mental aspects of well-being, both disciplines are dedicated to improving quality of life. On a more practical level, intuition suggests a set of skills common to both disciplines, a notion supported by the large number of historically famous musician-physicians such as Albert Schweitzer, Alexander Borodin, and Oliver Sacks. This workshop will discuss skills obtainable in the study of music translatable to procedural and clinical success, including critical listening (to music and to patient's hearts and histories), pattern identification, discipline (practicing medicine/music), performance (fine motor skills/performance psychology), and empathy, the development of which is the end goal of the humanities and a prerequisite for medicine.

09:00 - 10:15 in 1117 MERF

MD/MFA: A Personal Narrative Discussion session, MD/PA credit not available for this session

Mgbechi Erondu MD, MFA

Abraham Verghese, MD MFA and Ethan Canin, MD MFA are prominent physician graduates of the Iowa Writers' Workshop. Both went on to practice or to complete their medical education elsewhere. In 2017, I became the first graduate of a combined MD-MFA program at the University of Iowa. We will discuss the trials and benefits of taking a leave of absence from medical school--after the 3rd year, in my case--to complete a degree in fiction writing. I will read bits from my work during the MD and MFA years and discuss future plans for combining both medicine and writing. After my example, the session will include time for discussion of other MD/MFA experiences and, perhaps, we can conjecture what a truly integrated MD/MFA program would look like at Iowa and other institutions. Is this ideal? Should the option vary by the writer?

10:30 - 11:45 in 2189 MERF

Pathography: Healing and Self-Discover in a Thousand Words or Less Reading

Daniel Waters DO MA

Pathography is writing about an illness or a disease, one's own or one encountered in another. In this presentation, excerpts from four of the authors published essays and one poem (in press) will be read. Discussion will center on reflective writing as a tool for processing emotions related to the delivery and the receipt of medical care.

10/26/2019

10:30 - 11:45 in 1117 MERF

How will they know: Aesthetic Knowing in Undergraduate Nursing Students Workshop

Rudy Clark EdD, MSN, RN

The purpose of this presentation is to describe a course project designed to facilitate undergraduate nursing students' development of Aesthetic Knowing and the outcomes of this project. The term aesthetic is derived from the Greek word which means, "to perceive, feel, sense." Undergraduate nursing students in a Psychiatric Mental Health Nursing course are asked to select a diagnosis from the Diagnostic Statistical Manual 5th edition. They research the diagnosis and then must reinterpret the information in a creative fashion. The students may choose any number of ways to relay this information. They may draw, write, or use some other type of artistic way to communicate this information. The students share their creative works with their fellow students in small clinical groups. In-depth processing of the projects occurs. Students learn about themselves and their clients.

10:30 - 11:45 in 1459 PBDB

Secrets and Lies: Crafting an Authentic (Nonfiction) Story Without Risking the Whole Truth MD/PA credit not available for this session, Workshop

Philip Weitzl MFA

In the film adaptation of V for Vendetta, the titular character tells his unwitting apprentice, "Your own father said that artists use lies to tell the truth. Yes, I created a lie, but because you believed it, you found something true about yourself." Moral compromise when telling stories about real lives may seem cowardly at best and fraudulent at worst. And yet to write nonfiction is to impose individual subjectivity on a shared world, sometimes for dramatic effect but often for the sake of those involved, few of whom seek immortality on the page. We may only be as sick as our secrets, but the costs of brutal honesty are never paid by the writer alone, particularly when confronting human trauma. This workshop will examine ways to satisfy the personal urgencies that pull us to the writing desk while honoring the privacy of those who inhabit our writing, including ourselves.

11:45 - 1:00 in MERF Atrium

Break/Lunch .

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

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

10/26/2019

1:00 - 2:15 in 1459 PBDB

Writing as self-care: A workshop for caregivers Workshop

Lucia Gagliese PhD CPsych

Caregivers, including healthcare professionals, family members, and friends, play essential roles in the lives of people with chronic and/or life-limiting illnesses. While rewarding, caregiving can lead to stress, burnout, depression, anxiety, and grief. Many caregivers struggle in silence, due to shame and stigma. Writing (poetry, fiction, memoir, etc.) can be a powerful self-care tool, improving burnout and emotional distress. This interactive workshop will explore the possibilities for creative responses to caregiving burden. I will read an excerpt from my fiction (Pegasus, forthcoming). Participants will be encouraged to respond to this and will then engage in related writing exercises. There will be opportunities to share (or not) our writing in a supportive environment. Finally, we will discuss creating and nurturing a writing practice as a vital act of self-caregiving.

1:00 - 2:15 in 1117 MERF

Satirical Writing in Medicine: A Primer on Being Funny Workshop

Mason LaMarche BA

Satire has been used since before the 7th-century B.C.E to create a commentary on society and highlight issues that needed solutions. Policies have been influenced by brave writers not afraid to expose the ridiculousness of life. The ability to create powerful satire grants a writer power to punch-up at hierarchical limits. In medicine, the need for the critical evaluation of health care is perhaps greater than ever. By evaluating the evidence supporting the use of satire and using modern examples of effective satire, this presentation will prepare writers to begin exploring their own use of satirical writing to support their medical practice and personal wellbeing.

1:00 - 2:15 in 2189 MERF

What Psychedelic Drugs Teach Us About Creativity MD/PA credit not available for this session, Reading

Greg Mahr MD

A recent resurgence of research with psychedelic drugs has shown them to be effective in end of life anxiety, depression and substance abuse. Psychedelic drugs appear to exert their effects through the suppression of the Default Mode Network, resulting in an increase in connectivity within the brain, and new insights and experiences of meaning.

Default Mode Network suppression may also explain the association of psychedelic drugs and altered states with human creativity. From Socrates to Coleridge to Paul McCartney, altered brain states have lead to creative ideas and artistic visions. In psychodynamic language, the Default Mode Network functions like the ego. Suppressing the ego an lead to new ideas and forms of expression, yet the ego must modulate and articulate new insights to make meaningful art. We must, as Hemingway advised, write drunk and edit sober.

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

Speakers

Meredith Alexander MFA University of Iowa

Meredith Alexander directs and teaches acting in the Theatre Arts Department at the University of Iowa where she is also affiliate faculty in the Department of Gender, Women's, and Sexuality Studies. While pursuing her MFA at the University of California San Diego, she performed with the Old Globe Theatre Company. She taught at UCSD and San Diego State University before joining the faculty at the University of Wisconsin-Madison where she headed both undergraduate and graduate acting programs. Alexander has also directed professionally in New York, Chicago, Cincinnati, and Kansas City.

For innovation in addressing diverse identities in the classroom, notably through her Performing Autobiography course that caters to creative writers in a variety of departments, she received Iowa's President and Provost Award for Teaching Excellence.

Susan Ball MD, MPH, MS Weill Cornell Medicine

Dr. Ball is a Professor of Clinical Medicine and an HIV specialist at New York Presbyterian Hospital, Weill Cornell Medicine. She has a degree in Narrative Medicine and has been teaching NM at the medical school since 2010. She is the author of "Voices in the Band" 2015 Cornell University Press. Dr. Ball lives in New York City.

Joan Baranow PhD Dominican University of California

Joan Baranow, PhD, is the author of *In The Next Life* (Poetic Matrix Press 2019), *Living Apart* (Plain View Press 1999), and two poetry chapbooks. Her poems have appeared in *The Paris Review*, *The Gettysburg Review*, *Poetry East*, and elsewhere. A VCCA Fellow and member of the Community of Writers at Squaw Valley, she founded and directs the Low-Residency MFA program in Creative Writing at Dominican University of CA. With her husband David Watts, she produced the PBS documentary *Healing Words: Poetry & Medicine*. Her feature-length documentary, *The Time We Have* (2018), presents an intimate portrait of a young woman facing terminal illness.

Speakers

Lila Rachel Becker MFA University of Iowa

Lila Rachel Becker is a New York and DC-based director and a Directing MFA candidate at the University of Iowa. She directs and develops highly theatrical, incendiary new work and classically-influenced plays that engage with contemporary politics, identities, and power structures. She is passionate about work that requires world-building and investigates language, complicity, and ritual. Her favorite plays offer puzzles for the director and the audience to solve.

A DC native, she has developed and directed work with theaters all over the country, including Actors Theatre of Louisville, Woolly Mammoth Theatre Company, the Williamstown Theatre Festival, Portland Stage Company, Folger Theatre, the First National Tour of *The Bridges of Madison County*, *The Flea*, and the Source Festival. Her work has been seen internationally at the Edinburgh Festival Fringe. She is a member of the Lincoln Center Theater Directors Lab, Williamstown Directing Corps, and an Associate Member of SDC. She received the IRAM award for excellence in new play development and the MFA Fellowship from the University of Iowa. She holds a B.A. from Wesleyan University in the College of Letters, an interdisciplinary program in history, literature, philosophy, and Spanish.

Outside of the rehearsal room, Lila can be found cooking spicy food and playing taiko.

Jeanne Bereiter MD Oregon Health and Science University

Jeanne Bereiter recently became an associate professor in the Department of Psychiatry at OHSU in Portland, Oregon, where she works in a busy psychiatric emergency room. She was previously a professor in the Department of Psychiatry and Behavioral Sciences at the University of New Mexico in Albuquerque, where she ran the reflective writing program for the medical school and did clinical work as child psychiatrist.

Brittany Bettendorf MD University of Iowa

Brittany Bettendorf MD is a rheumatologist, a graduate student in the Nonfiction Writing Program at University of Iowa, and a Clinical Assistant Professor of Internal Medicine at the University of Iowa. Brittany is a recipient of the AMA Foundation Physicians of Tomorrow Scholarship for her commitment to medical journalism. Her essays have appeared in the *Wall Street Journal* and on Milwaukee Public Radio's *Lake Effect*. She is developing a hybrid poetry and non-fiction collection exploring Alzheimer's disease and family. She teaches an elective for third- and fourth-year medical students focusing on Op/Ed writing and patient advocacy.

Christopher Blake BA, MSc, MD Princess Margaret Hospital, University Health Network, University of

Toronto

Christopher Blake is a Palliative Care Physician and writer currently living in Toronto, Canada.

Speakers

Anne Bogart BA MA Columbia University

Anne Bogart is an American theatre and opera director. She is currently one of the Artistic Directors of SITI Company, which she founded with Japanese director Tadashi Suzuki in 1992. She is a Professor at Columbia University where she runs the Graduate Directing Concentration and is the author of three books of essays on theater making: *A Director Prepares*; *And Then, You Act*; and *What's the Story*. She is a co-author, with Tina Landau of *The Viewpoints Book*, a "practical guide" to Viewpoints training and devising techniques. *Conversations with Anne*, a collection of interviews she has conducted with various notable artists was published in March 2012. Bogart's influence is felt throughout the contemporary theatre: through the widespread adoption of SITI's training methods of Viewpoints and Suzuki, her oeuvre of groundbreaking productions, and her guidance at SITI and including at Columbia University of such diverse talents as Pavol Liska, Diane Paulus, James Dacre, Kim Weild, Jay Scheib, Sophie Hunter, Shura Baryshnikov, Darko Tresnjak, Robert O'Hara, Rachel Chavkin and many others.

Bruce Brown MD University of Iowa

Bruce P. Brown is the current and founding editor-in-chief of *The Examined Life Journal: A Literary Journal* of the University of Iowa Carver College of Medicine. His literary work has appeared in *The Annals of Internal Medicine*, *Kalends* and *Hospital Drive*. He is an emeritus radiologist and internist at the University of Iowa in Iowa City, Iowa.

Bruce Campbell MD Medical College of Wisconsin

Bruce Campbell, MD is Professor of Otolaryngology and a faculty member in the Bioethics and Medical Humanities Program at the Medical College of Wisconsin and serves as the Faculty Editor of *Auscult*. He has published essays, humor, poetry, and fiction in *JAMA*, *The Journal of Clinical Oncology*, *The Examined Life Journal*, and *Creative Wisconsin*, among others. His blog, *Reflections in a Head Mirror*, is at www.froedtert.com/reflections. He is working on a book of his medically-related essays.

Elena Carter MFA University of Iowa

ELENA CARTER is an advocacy journalist and essayist with a focus on criminal justice. She holds an MFA from the University of Iowa, where she teaches in the Rhetoric Department and volunteers with Iowa's Liberal Arts Behind Bars program. Her work has appeared in *BuzzFeed*, *In These Times*, and *The Rumpus*, among other places.

Rudy Clark EdD, MSN, RN University of Louisville

With 24 years in the medical profession, Rudy has concentrated the last several years of her career toward nursing education. Rudy has worked as a mental health technician in an inpatient psychiatric unit, a rape crisis counselor victim advocate, a critical care nurse, a nurse in an acute adult inpatient psychiatric unit, and an ER nurse. She has taught both in the classroom and in clinical settings. Rudy has experience in varied nursing programs from undergraduate to doctoral. Sharing her love of all creative expressions with her nursing students. When she is not teaching you can find her on stage with several the community theater companies.

Alexandra Cohn BS, MSt Medical College of Wisconsin

Alex is a rising second-year medical student.

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

Speakers

Ruth Danon PhD New York University (retired)

grew up in upstate New York on the grounds of the Binghamton State Hospital, where her mother, a Hungarian refugee, worked as a psychiatrist. She is completing a memoir about this experience. Her poetry collection *Word Has It* was published by Nirala Books in March, 2018. Her previous book, *Limitless Tiny Boat*, appeared from BlazeVox in the fall of 2015. She taught for many years in the Creative and Expository Writing Programs that she directed for the McGhee Division of the School of Professional Studies of New York University. There she was also founding director of the SPS Summer Intensive Creative Writing Workshops that for seventeen years brought the best American and international writers to work with students from NYU, across the nation, and around the globe. In 2017 she left NYU to expand her own teaching practice in New York City and Beacon, NY.

Kimberly Datchuk PhD University of Iowa

Kimberly Datchuk has a PhD in art history with a specialty in nineteenth-century European art. She is an assistant curator at the University of Iowa Stanley Museum of Art and a visiting assistant professor at the University of Iowa College of Education. At the Stanley, she leads academic outreach for the university to connect art to teaching and research at the UI. Her research and curatorial interests include the intersection of art, gender, sexuality, and technology, particularly in fin-de-siècle France. She has published articles about representations of movement and masculinity in Henri de Toulouse-Lautrec's drawings and lithographs, and she has presented her research throughout the United States, as well as France, England, and Poland.

Cate Dicharry University of Iowa Carver College of Medicine

Marc Drake BS Medical College of Wisconsin

Marc is a rising fourth-year medical student and proud graduate of the University of Notre Dame (go Irish!).

Mgbechi Erondu MD, MFA Baylor College of Medicine

Mgbechi Erondu, M.D., M.F.A. is a PGY-3 Anesthesiology resident at the Baylor College of Medicine and a graduate of the Carver College of Medicine and Iowa Writers' Workshop. She also holds a B.A. with Honors in Anthropology from Princeton University. During her time at Iowa she was a Humanities Distinction Track recipient, winner of the Carol A. Bowman Medical Student fiction award and published in the Examined Life Journal. Most recently her work has appeared in *McSweeney's*. Her goal in both fiction writing and medicine is to remind the world of how much we matter to each other. She is working on her first novel.

Claudia Finkelstein MDCM Michigan State University

Claudia Finkelstein is a general internist and medical educator who has been in practice for over 30 years in academic medical centers. Her interest in physician mental health and wellness was sparked as she listened to the suffering of colleagues and trainees. She is delighted to be the Director of Wellness, Resilience, and Vulnerable Populations at Michigan State University since July 2018.

Speakers

Jane Fleming Survivors Teaching Students

Jane is an 8-year survivor of stage 3C ovarian cancer. She had a recurrence 5 years ago and has been NED (No Evidence of Disease) since treatment ended in 2015. Jane coordinates Survivors Teaching Students® at the University of Iowa for medical students and nursing students and at Southeastern Community College in Keokuk, Iowa, for nursing students. Jane helped start and organizes the Gynecology Cancer Support Group in Iowa City. She serves on The University of Iowa Health Care Holden Comprehensive Cancer Center Patient and Family Advisory Council and is a board member of NormaLeah Ovarian Cancer Initiative.

Stephanie Foo

Stephanie Foo has worked for Snap Judgment and This American Life. Foo taught high school journalism after college, and began listening to This American Life and Radiolab. She eventually decided to try her hand at it, hitchhiking to a pornography convention in search of a story and ultimately starting a podcast called Get Me On This American Life.^[3] Another early audio project was a music podcast called Stagedive, where Foo succeeded in reaching a young demographic. Foo was an intern then a producer at Glynn Washington's Snap Judgment, based in Oakland, then moved to This American Life. In addition to producer roles at Snap Judgment and This American Life, Foo has also contributed to Reply All and 99% Invisible. She's drawn notice for work on topics ranging from Japanese reality television (a piece Flavorwire named to its list of the 20 best episodes in This American Life's 20-year history) to race and online dating; The New York Observer praised the latter piece as one of Reply All's "most provocative episodes." In 2015, Foo launched her own podcast called Pilot, with each installment to serve as a pilot episode for a different genre of podcast. CBC's Lindsay Michael named Pilot to a 2016 list of five best recent podcasts, saying Foo has "created her own playground...A place where she can try things out and see how they go."

Melissa Fournier LMSW Michael's Place

Melissa Fournier, LMSW, works as the Program Director for Michael's Place, a non-profit bereavement support center in Traverse City, MI, where she designs and facilitates grief support programs including Writing Through Loss, an ongoing writing workshop that helps individuals shape their grief narrative. Melissa has worked in adult, pediatric, and perinatal hospice, and has been a featured speaker on end-of-life, perinatal loss, and loss by suicide. She has a background in clinical social work and is the former board chairperson of Northern Lakes Community Mental Health. She holds a Master of Social Work degree from the University of Michigan and a Bachelor of Arts in Psychology from Wayne State University. She is currently a student of Narrative Medicine with Columbia University's School of Professional Studies. Her writing has appeared in Dunes Review, The Sow's Ear Poetry Review, Pulse: Voices from the Heart of Medicine, and Medical Literary Messenger. She is co-editor of AFTER: Stories about Loss and What Comes Next (Barnwood Books, forthcoming 2019) and author of Abruptio (The Poetry Box, forthcoming 2019).

Serena Fox MD Mount Sinai Beth Israel Medical Center

Serena J. Fox (Night Shift Poems, 2009) 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 caregiving. She currently holds the position of Poetry Editor for the Examined Life Journal. Her poems have appeared in the Paris Review, Journal of the American Medical Association (JAMA), and the Western Humanities Review.

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

Speakers

Ted Fristrom PhD Drexel University

Ted Fristrom is associate teaching professor at Drexel University where he teaches writing to undergraduates and the medical humanities in the Drexel College of medicine. He is a pianist, a cat lover, and a meme maker.

Lucia Gagliese PhD CPsych York University

Lucia Gagliese is a clinic psychologist and associate professor in the School of Kinesiology and Health Science at York University, Toronto, Canada, where she studies aging, pain, and end of life care. She recently graduated from The Humber School for Writers. She writes short stories about living with health challenges including disability, chronic and/or life limiting illness. She recently placed 3rd in the Kalanithi Writing Award. Her creative non-fiction appeared in Professorial Paws, and her fiction has appeared in The Healing Muse and is forthcoming in Pegasus.

John Geneczko MD Duke University

Gastroenterologist at Duke University

Marjorie Getz PhD Advocate Children's Hospital

Marjorie Getz, is Co-Director of Narrative Medicine at Advocate Children's Hospital in Chicago. The group meets monthly, using writing, music, meditation and relaxation exercises to promote healing. She has been involved in an IRB approved study using the 3 Minute Mental Makeover (3MMM), a simultaneous writing exercise for patients, their families, and health care providers. She is also a learning and behavior specialist at ACH. In 1984 she established Educational Consultation and Evaluation Services, in the Department of Pediatrics, Division of Behavioral Pediatrics, with a specialty in psychoeducational testing and school advocacy for children with complex medical conditions.

Ann Green PhD Saint Joseph's University

Ann E. Green is a professor of English at Saint Joseph's University. She is the recipient of the 2017 Outstanding Leader in Experiential Education award from the National Society of Experiential Education, and she teaches writing and service-learning courses in narrative medicine, environmental justice, and race, class, and gender. She has published in The Chronicle of Higher Education, College Composition and Communication, The Michigan Journal of Community Service Learning, and a number of edited collections. She has taught service immersion courses in Ireland and China, and "Dimensions of Freedom," a course in the Inside/Out Prison Exchange Program, for both incarcerated and traditional students.

Jordan Grumet MD KevinMD.com

Jordan Grumet, MD is an internal medicine physician and a hospice medical director. He has worked in academic as well as private practices, served as medical director of several nursing homes, and created palliative care programs for skilled nursing facilities. He is a writer and storyteller who has been published in Medical Economics, the Pharos, the Annals of Internal Medicine, and the Journal of General Internal Medicine. His book, I Am Your Doctor And This Is My Humble Opinion, was published in 2015, and followed by Five Moments: Short Works of Fiction in 2017.

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

Speakers

Donna Hirst MPH, MLS University of Oklahoma, University of Iowa

Curator of the John Martin Rare Book Room, Hardin Library for the Health Sciences, University of Iowa since 2010 and librarian at the University of Iowa since 1972.

Laura Hope-Gill MFA Thomas Wolfe Center for Narrative, Lenoir Rhyne University

Laura Hope-Gill, MFA, directs the Narrative Healthcare Certificate and the MFA in Writing Program Thomas Wolfe Center for Narrative at Lenoir-Rhyne University in Asheville, NC. She is an NC Arts Fellow, Poet Laureate of the Blue Ridge Parkway Foundation, and the founding director of Asheville Wordfest. Her poems, stories, and essays on deafness appear in Parabola, Bellevue Literary Review, North Carolina Literary Review, and other beautiful journals. She is currently producing the first North Carolina Statewide Narrative Healthcare Symposium with Mountain Area Health and Education Center on October 18-19, 2019.

Janet Hortin MD Duke University

Primary Care and student health

Greg Katz MS, PhD Life Lift Coaching and Consulting

Greg has been a psychotherapist for over thirty years. His area of specialization is individuals and families diagnosed with a chronic or life-threatening illness. He started his career in HIV/AIDS services and moved into oncology services. Greg's personal artist pilgrimage guided him toward the study of visual anthropology, specifically, art and healing. His dissertation: "Artists and Illness: Influence of Narrative on Autobiography and Meaning Making" explored the intersection of diagnosis, medication, and treatment on personal narrative as shared through personal creative expression.

Greg Katz, MS, MFT, PhD is a psychotherapist, visual anthropologist and textile artist, synthesizing the three through medical humanities. Greg's focus is on how patients, physicians, and the community use visual art to understand illness, healing, and the complexities of health in our changing social environment. He has devoted his career to "Changing Health, Communities, and Society Through Creative Expression."

Yeuen Kim MD MAS VA Palo Alto Health Care System, Stanford University School of Med

Yeuen is from Boston, NY, SF, and Seoul, and grew up with mostly architects and music educators. She trained at Brown Univ's Prog in Liberal Medical Education, medicine residency at the Santa Clara Valley Medical Center, and has worked with vulnerable populations across the SF bay area. As a clin assist prof (affiliated) at Stanford Univ School of Med and the Palo Alto VA, she has focused on homeless outreach, population health, and medical humanities. She is currently measuring the effects of narrative medicine, docent-led art gallery tours, and cell phone images on reflection, observation, and communication skills among trainees and faculty.

Megan Knight MFA University of Iowa

MEGAN KNIGHT is a member of the Rhetoric Department faculty at the University of Iowa, where she teaches courses in writing and pedagogy. She received her MFA from the Nonfiction Writing Program in 1998.

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

Speakers

Laurie Kovens MSW, LCSW Maryland University of Integrative Health

Laurie Kovens is a Licensed Clinical Social Worker living in Durham, NC. She is currently a candidate for the MA in writing at the Thomas Wolfe Center for Narrative at Lenoir Rhyne University, with a Professional Certificate in Narrative Health. Laurie is a faculty member at Maryland University of Integrative Health, where she is inaugurating the University's Post-Baccalaureate Certificate in Narrative Health. She has practiced living with chronic illness for 38 years, practiced Social Work for 27 years, and practiced writing since she could hold a crayon. She has been studying and practicing narrative Health care since 2013. Laurie's creative non-fiction and poetry have been published in "Little Patuxent Review" and in "As It Ought to Be." Laurie regularly presents and facilitates sessions on Narrative Health, and will present at the first North Carolina Statewide Narrative Healthcare Symposium with Mountain Area Health and Education Center on October 18-19, 2019.

Mason LaMarche BA University of Iowa Carver College of Medicine

Mason LaMarche is a medical student at the University of Iowa Carver College of Medicine. He has written for the Examined Life Journal and The DNA Decoder focusing on translating advances in science to the world of art. LaMarche received the University of Iowa Phi Beta Kappa Love of Learning poetry award in 2018. He hopes to use his writing to bridge the growing gap between physicians and patients. LaMarche graduated from the University of Iowa with a BA in interdepartmental studies with a focus in genetics and creative writing.

Elizabeth Lawrence MD University of New Mexico School of Medicine

Liz is the Chief Wellness Officer and Assistant Dean for Professional Wellbeing at the University of New Mexico (UNM) School of Medicine. Her clinical practice is in Santa Fe, at the La Familia Medical Clinic, a federally qualified health center serving a primarily underserved population. She attended medical school at Stanford, and has been practicing in New Mexico since her internal medicine residency at UNM. She has presented at local, national, and international conferences on physician wellness and is the Director of the UNM Annual Taos Writing and Wellness Retreat.

Susan Leighton BS, MA Ovarian Cancer Research Alliance

An ovarian and breast cancer survivor, Susan Leighton founded the Lilies of the Valley Ovarian Cancer group in Alabama. She is the National Program Director of the Ovarian Cancer Research Alliance's (OCRA) "Survivors Teaching Students" program, a reviewer on the Programmatic Panel of the DoD OCRP, a member of the NCI Ovarian Cancer Task Force, and an OCRA Advocate Leader. Susan serves as on the Alabama Study Commission for Gynecologic Cancers, has served as an FDA Patient Representative, and testified before the Senate Appropriations Subcommittee on Defense. In 2017 she was honored by OCRA with the "Cindy Melancon Survivor Spirit Award," and in 2018 by CURE Magazine with the Inaugural Ovarian Heroes Award at the Society for Gynecologic Oncology.

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

Speakers

Jason Lewis MFA University of Iowa

Jason T Lewis MFA is the director of the Writing and Humanities Program at the University of Iowa Carver College of Medicine and a graduate of the fiction program at the Iowa Writers' Workshop. Among other teaching endeavors, he conducts a third/fourth year elective ("The Observer Speaks") in which a small group of students read book length fiction or nonfiction and write (and workshop their writings) to a writing prompt. His first novel, *The Fourteenth Colony: a novel with music*, is available at Prairie Lights. He's currently finishing work on a second novel. He is managing editor of *The Examined Life Journal*.

Greg Mahr MD Wayne State University

Academic psychiatrist in Detroit, author of multiple academic papers, as well as poetry and short prose in *Pulse*, *Intima*, *Third Wednesdays*, *CHEST*, and *Psychological Perspectives*.

Anil Marian MBBS, MD, FRCA University of Iowa Carver College of Medicine

Anil Alexander Marian, MD, FRCA was born in Kerala, India in 1974. After graduating from medical school, he did his residency in Anesthesiology at Mumbai, India (2002). This was followed by further advanced anesthesia training and the completion of the FRCA from the Royal College of Anesthetists in London, UK (2005). Currently, he is faculty anesthesiologist at the University of Iowa Hospitals and Clinics, where he joined in 2008, and loves his job. He holds the position of Clinical Associate Professor, Clinical Director of Operating Rooms, and Vice Chair for Clinical Operations in the Department of Anesthesia.
Anil's passion for photography started during his medical school days, with a Nikon film camera, in the 90's. He subsequently went through basic digital cameras, to finally starting to use a DSLR in 2007. He currently uses two Nikon pro bodies: D4S and D500, with an array of lenses. Anil's main focus is in fast action photography: indoor dance photography, and wildlife in action. His passion for bird photography, especially birds-in-flight, has taken him to locations like tropical forests of Costa Rica to watch the Macaws, the plains of Platte River in Nebraska to watch the great migration of the Sandhill Cranes, and the Mississippi river basins during winter to watch the American Bald Eagles.

Speakers

Leigh M. Marshall MFA University of Iowa

LEIGH M. MARSHALL is a writer and actor, and she has worked in crisis communications in the Department of Radiation Oncology at the University of California at San Francisco (UCSF Mount Zion Hospital). LATERALITY was produced by the University of Iowa as part of their 2018-2019 season (directed by Lila Rachel Becker) and was featured on the homepage of the Graduate College. Her play MARAT'S DEAD was a finalist for the Bay Area Playwrights Festival 2019, and received an International Writers Program/Prairie Lights reading livestreamed internationally; the play will be produced in the 2019-2020 season (directed by Erica Barnes Vannon and production designed by Courtney Gaston). Additionally, Marshall was a researcher for the New York Times bestselling nonfiction book HOW TO RAISE AN ADULT by Julie Lythcott-Haims, and is currently a researcher, interviewer, and writer on the sequel, HOW TO BE AN ADULT (forthcoming from Henry Holt & Company). She is co-translator (with Aron Aji) of SEA OF FATE, the latest book by eminent Turkish poet Bejan Matur, and the Editorial Research Assistant at the International Writing Program. Other plays include I AM PRETTY BIRD (2018 Iowa New Play Festival workshop production, finalist for the Williamstown Theatre Festival), KANT IN VEGAS (2018 Iowa New Play Festival reading directed by Eric Conner Marlin), INFERNO OF EYE CANDY, and CASANOVA GIRLS, for which she has received a Felton Grant to conduct research in Switzerland and Italy. She received her BA in Comparative Literature from Stanford University (with Honors and Distinction, and was a Mellon Mays Fellow), and is in the final year of her MFA at the Iowa Playwrights Workshop (where she is the Iowa Arts Fellow).

Maureen Mayhew MDCM, MPH University of British Columbia School of Population and Public Health

Maureen Mayhew's diverse, 30-year, medical career has taken her across Canada and into Africa and Asia. She trained in family medicine at McGill, in public health at Johns Hopkins Bloomberg School of Public Health and in research methods at the University of British Columbia (UBC). She currently works as a physician and life-coach in the Physician Health Program in British Columbia. Her publications have focused on health issues of immigrants and refugees. Her current writing project is a love story related to her work over a decade in Afghanistan.
<https://www.linkedin.com/in/maureenmayhewmd-healtheducator/>

Dylan Mortimer MFA Artist

Dylan Mortimer graduated with a BFA Kansas City Art Institute and a MFA from the School of Visual Arts in New York. He has created public art installations in eleven states including New York, Chicago, Baltimore, and Washington. Local awards include a 2009 recipient of the Charlotte Street Award, a current resident of the Studios, Inc, Kansas City's Best Artist by The Pitch in 2003, Avenue of the Arts in 2003, Art in the Loop in 2005. ArtsKC Fund Inspiration Grant in 2008. His exhibition history includes David Zwirner Gallery in New York, Columbia University, The Longwood Arts Gallery in the Bronx, the Dumbo Arts Center, PS 122 Gallery in New York, Boots Contemporary Art Space in St. Louis, the Aqua Art Fair in Miami, Benrison Contemporary in New York, the Kansas City Jewish Museum, and the Leedy-Voukos Art Gallery in Kansas City.

Speakers

Melissa Palma MD Cook County Health and Hospitals System

Melissa Palma, MD graduated from the University of Iowa with degrees in biochemistry and medicine. She was a family medicine resident at Greater Lawrence Family Health Center in Lawrence, MA prior to pursuing further training in preventive medicine at Cook County Health and Hospitals System in Chicago, IL. Her writing has been featured by In-Training Magazine, In-House Magazine and, most recently, the inaugural Bicultural Iowa Writersâ€™™ Fellowship through the Iowa Writersâ€™™ House. Currently, she teaches a medical student humanities seminar titled "Narrative Medicine as Advocacy". Dr. Palma tweets @IssaPalma.

Craig Pearson PhD Washington University School of Medicine

Craig Pearson is a medical student who studies vision. He was raised in Michigan and earned bachelor's degrees in Neuroscience and Biochemistry & Molecular Biology from Michigan State University, with an additional major in English. As a Marshall Scholar, he earned a PhD in clinical neuroscience at the University of Cambridge. His doctoral research demonstrated that modifying sugar proteins in the optic nerve can improve the regeneration of injured neurons. As a medical student at Washington University, he is studying biomarkers that might help predict the progression of glaucoma. His interests include art, fiction, and narrative medicine, and he has contributed to several collaborative projects that showcase the perspectives of people with different abilities and health status.

Marianne Petit BA, MA, MPS New York University, Tisch School of the Arts, Interactive Media Arts / ITP

Marianne R. Petit is an artist and educator who explores fairy tales, anatomical obsessions, and collective storytelling through mechanical books that combine animation and paper craft.

Her artwork has appeared internationally in festivals and exhibitions, been featured in publications such as Hyperallergic, Make, and Wired, and broadcast on IFC and PBS. Her movable books can be found in numerous museum and library collections including the San Francisco Museum of Modern Art, the British Library, the Berlin Public Library, Boston Library, as well as numerous University and private collections.

She is an Associate Arts Professor at New York University's ITP located in the Tisch School of the Arts as well as the Interactive Media Arts Program at NYU Shanghai. Additionally, she serves as an Associate Vice Chancellor for Global Network Academic Planning for the University and received the University Distinguished Teaching Award in 2016.

Brady Plunger MA University of Iowa

Brady Plunger is Associate Curator of Education at the Stanley. He holds an MA in Art History from the University of Texas at Austin with an emphasis on art and ideas in the early 20th century, and a BA in Art History from Tulane University. He has held educational outreach positions at Crystal Bridges Museum of American Art, The Blanton Museum of Art at the University of Texas, and The Museum of Fine Arts, Houston. Through all his experiences Plunger has always valued the opportunity to experience "ah ha" moments with learners as they discover unexpected and profound connections to works of art.

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

Speakers

Sheri Reda MA MLIS Narrative Medicine Committee at Advocate Healthcare

Sheri Reda is a writer, editor, educator, and performer with more than 25 years of experience in education and publishing and nearly as many years in performance. She is also certified master life-cycle celebrant who brings storytelling and ritual to individually designed weddings, funerals, and other life passages. In addition to working with educational clients nationwide, Sheri works part-time at Wilmette Public Library and also tells stories as part of Chicago's Live Lit community. She is a member of the board programming committee of the Jung Center, in Evanston, and the Advocate Lutheran General Narrative Medicine Committee. Her chapbook of poems, entitled *Stubborn*, is available through the *Locofo Chaps* imprint of *Moria Press*.

Laurie Reed MS ReedsBooks

Throughout her career, Laurie Reed has focused on driving change based on analytical insights from research data. With more than 20 years of marketing research experience with two leading international companies, she understands the power of data to make a positive impact on the lives of others. Reed holds a Master's of Science degree and a Certificate in Patient Advocacy, both from the University of Wisconsin-Madison. Currently she is examining how advocacy and support can influence healthcare outcomes by interviewing people who have faced serious health challenges. These patient narratives form the basis for a book in progress examining the role of advocacy and support.

Disclosures of Relevant Financial Relationships

The attached document reports financial conflicts of interest disclosed by speakers.

Natania Rosenfeld PhD Professor Emerita of English, Knox College

Write and independent scholar; author of a poetry collection, *WILD DOMESTIC* (2015) and a scholarly study of Virginia and Leonard Woolf (2000). Essays, poems, and fiction have appeared widely.

Annie Sand MFA University of Iowa

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*.

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

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

Speakers

Bruce Scherting MFA University of Iowa Hospitals and Clinics

I lead development of Project Art and the Medical Museum at the University of Iowa Hospitals and Clinics. Project Art's mission is to help create environments that promote wellness and healing through inclusion of the arts by providing aesthetic and contemplative experiences for our patients, families, visitors and staff. Project Art manages an extensive collection of over 6,000 original works of art from local to internationally renowned artists. My goal is to build upon an already impressive collection with works of art that encourage exploration and conversation to help promote healing through meaningful distraction while at the hospital.

Previously I was Director of Exhibits at the University of Kansas Biodiversity Institute and Natural History Museum where I led exhibition development, design, fabrication and installation projects exploring life on earth, past and present and taught in the Graduate Museum Studies Program. I also worked at the Field Museum and Shedd Aquarium, both in Chicago.

Previously I was Director of Exhibits at the University of Kansas Biodiversity Institute and Natural History Museum where I led exhibition development, design, fabrication, and installation projects exploring life on earth, past and present and taught in the Graduate Museum Studies Program. I also worked at the Field Museum and Shedd Aquarium, both in Chicago.

I lead development of Project Art and the Medical Museum at the University of Iowa Hospitals and Clinics. Project Art's mission is to help create environments that promote wellness and healing through inclusion of the arts by providing aesthetic and contemplative experiences for our patients, families, visitors and staff. Project Art manages an extensive collection of well over 6,000 original works of art from local to internationally renowned artists. My goal is to build upon an already impressive collection with works of art that will encourage exploration and conversation to help promote healing through meaningful distraction while at the hospital.

Carol Scott-Conner MD, PhD, MBA University of Iowa

Carol Scott-Conner is Professor Emeritus of Surgery at the University of Iowa. A founding member of the editorial board of *The Examined Life* journal, she currently serves as Fiction Editor. After decades of 1:1 mentoring in all aspects of writing, including textbook development and creating, she produced a series of monographs on medical writing. She is author or editor of more than ten surgical textbooks with multiple editions and translations. Her first book of short stories, "A Few Small Moments," was published in 2011. A perennial student, she is currently enrolled in the graduate programs in creative writing and Narrative Healthcare at the Lenoir-Rhyne University Thomas Wolfe Center for Narrative.

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

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

Speakers

Craig Shadur MD Iowa Kidney Physicians

Dr. Shadur completed his undergraduate degree at Northwestern University and his MD degree from the University of Iowa College of Medicine. Following this he finished his medical training at Harvard Medical School in Boston Massachusetts completing both his Internal Medicine Residency, Nephrology and Transplantation Fellowships. Dr. Shadur is Board certified in both Internal Medicine and Nephrology.

Dr Shadur has proudly served the Des Moines community, as a physician, for over 35 years. He wants his patients to know that they are his primary interest. He states, as your provider, he will go the extra mile (or two) to get you the best and most appropriate care and hopes to have open and honest communication of your wishes and needs.

Dr. Shadur is a Des Moines native and he says the only thing he doesn't like about Iowa are the months of January, February and March. He enjoys baking, bicycling, walking his dog Reba, travelling as well as playing golf with his wife Kimberly. He is a huge fan of classical music especially opera and symphony. Dr. Shadur has served on the boards of numerous community organizations including president of both the Des Moines Art Center and the Des Moines Metro Opera. He has also had a leadership role in the medical community and is the past President of Iowa Methodist Medical Center medical staff, as well as serving as clinical faculty at the University of Iowa Carver School of Medicine. He is currently a Fellow of the American Society of Nephrology, National Kidney Foundation and American Society of Transplantation, organizations where he has served on numerous committees

Elliot Stalter BM University of Iowa

Elliot Stalter graduated with a Bachelor of Music degree in Violin Performance from the University of Wisconsin-Madison's Mead-Witter School of Music. As an undergraduate, he created critical editions of unpublished manuscripts in the Juilliard Manuscript Collection as a Hilldale Fellow under the guidance of Professor of Musicology Charles Dill and was a member of the Madison Symphony and Aspen Festival Orchestras. Upon graduation, Elliot decided to return to Iowa City to pursue a career in medicine and is currently a taking pre-medical coursework at the University of Iowa. He is an active member of the Student Leader Board of the UIHC Volunteering Program for which he directs the volunteering activities within the Medical Intensive Care and Neuroscience Intermediate Inpatient Units, and is a Research Assistant in the lab of Dr. Arlene Drack within the University of Iowa Institute for Vision Research.

Kim Suhr MFA Red Oak Writing

KIM SUHR, MFA is the author of the story collection, *Nothing to Lose* (Cornerstone Press, 2018) and director of Red Oak Writing. She presents locally, regionally, nationally. Her work has appeared in various journals, most recently at *Wisconsin People & Ideas*, *Midwest Review*, and *Rosebud* as well as in the anthology, *Family Stories from the Attic* (Hidden Timber Books, 2017). She holds an MFA from the Solstice program at Pine Manor College where she was the Dennis Lehane Fellow in Fiction. To learn more about her writing, visit kimsuhr.com.

Speakers

David Thoele MD Advocate Children's Hospital

David G. Thoele is Co-Director of Narrative Medicine (NM) at ACH in Chicago. His creative essays are featured in Pulse, Hektoen International and Physicians Practice. He has led and participated in workshops at The Examined Life Conference. He is also a pediatric cardiologist at ACH.

He learned a new perspective when his daughter got sick and he experienced the medical system from a parent's point of view. He created and co-directs the NM group at ACH, which includes members of all departments at ACH. The group meets monthly, using writing, music, meditation and relaxation exercises to promote healing.

Bridget Toomey University of Iowa Hospitals and Clinics

Bridget Toomey, MS is a Project Manager at University of Iowa Health Care specializing in patient financial services and finance. She is an Advocate Leader with the Ovarian Cancer Research Alliance (OCRA), a presenter in the OCRA "Survivors Teaching Students®" program, an ambassador volunteer with the American Cancer Society Cancer Action Network, and sits on the Patient Family Advisory Council and the Protocol Review and Monitoring Committee at the University of Iowa Holden Comprehensive Cancer Center. Bridget received her Masters of Science in Health Care Management from Johns Hopkins University.

Kathryn Trueblood MFA Western Washington University

Kathryn Trueblood has been awarded the Goldenberg Prize for Fiction from the *Bellevue Literary Review* and the Red Hen Press Short Story Award. Her work is situated firmly in the medical humanities. Her most recent book, *Take Daily As Needed*, treats parenting while chronically ill with the desperado humor the subject deserves (University of New Mexico Press, 2019). Her previous novel, *The Baby Lottery*, dealt with the repercussions of infertility in a female friend group (a Book Sense Pick in 2007). Her story collection, *The Sperm Donor's Daughter*, takes a look at assisted reproduction and received a Special Mention for the Pushcart Prize in 2000. Trueblood's stories and articles have been published in *Poets & Writers Magazine*, the *Medical Literary Messenger*, *Blood and Thunder*, *The Los Angeles Review*, *Glimmer Train*, *The Seattle Review*, *Zyzyva*, and others. She is a professor of English at Western Washington University and a faculty member of The Red Badge Project.

Kimberly Tyler BS, MS Medical College of Wisconsin

Kim is a rising fourth-year medical student who is pursuing a career in internal medicine/palliative and hospice medicine. She enjoys reading, writing, running, hanging out with her dog Remus, and being outside.

Elsa L. Vazquez Melendez MD University of Illinois College of Medicine

Elsa is an Associate Professor of Internal Medicine and Pediatrics and Assistant Dean for Diversity and Inclusion at the University of Illinois College of Medicine Peoria (UICOMP). She is currently Principal Investigator on a study evaluating the benefits and feasibility of a reflective writing exercise for hospitalized patients. Her previous academic work has focused on end-of-life issues, pediatric asthma, and simulation-based learning. For her contributions to medical education, she has received multiple awards, among them, 2018-19 Faculty of the Year, Outstanding Teaching Award, Inpatient Faculty Award, and a few Golden Apple Awards.

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

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

Speakers

Gina Vozenilek MFA, MA OSF HealthCare Foundation

Gina Pribaz Vozenilek, MFA, MA, is a writer who facilitates creative writing workshops for medical students at the University Of Illinois College of Medicine and is developing health humanities, arts, and ethics programming at OSF HealthCare in Peoria, IL, where she works as a grant writer. She has a masters in medieval literature from Iowa and an MFA in creative nonfiction from Northwestern University. Her essays have appeared in *Ars Medica*, *Tampa Review*, *Brain,Child Magazine*, and elsewhere.

Daniel Waters DO MA Wrestling Unattached :-)

Daniel James Waters is a native of Southern New Jersey. He attended Bishop Eustace Preparatory School, St. Joseph's College (Philadelphia) and the University of Medicine & Dentistry of NJ. In addition to undergraduate and medical degrees, he holds a Graduate Certificate in Narrative HealthCare and a Master of Arts in Writing from the Center for Graduate Studies/ The Thomas Wolfe Center for Narrative at Lenoir-Rhyne University in Asheville, NC. He is the author of several nationally published stories and essays, two books of surgical advice, one poem and two novels. After practicing Open Heart Surgery in Iowa for thirty years, Dr. Waters retired in April of 2015 but continues to write, teach and lecture. He is an adjunct Professor of Surgery as well as Course Director for the Literature and Narrative Medicine Seminar in the Department of Behavioral Science/Medical Humanities & Bioethics at Des Moines University. He and his wife Pam have three grown children (including Jessica Lynn Waters, MD, Carver College of Medicine 2019) and live in Clear Lake, Iowa.

David Watts MD MA UCSF

MD from Baylor College of Medicine, cum laude, Clinical training at UCSF, Joined faculty in 1974. MA from SF State in English and Creative Writing. Radio and Television host for PBS, Lifetime Network, NPR commentary. Published two collections of medical short stories (Random House and U. Iowa Press), seven books of poetry, six novels and a mystery. Two essays presented at previous Examined Life Conferences and published in your journal.

Arne Weingart MFA Weingart Associates Inc.

Arne Weingart lives in Chicago, where he is the principal of a graphic design firm specializing in identity and wayfinding. His poetry is broadly published in journals and reviews. Recent work has been nominated for a Pushcart Prize, and he is the recipient of the 2019 Frost Foundation Prize. His first book, "Levitation for Agnostics," was the winner of the 2014 New American Press Poetry Prize and was released in 2016.

Philip Weitzl MFA Doane University

Philip Jude Weitzl is a professor of English and co-chair of the Health and Society program at Doane University, where he was named the 2010 Teacher of the Year. He also created the Writing Center and serves on an interdisciplinary committee that recently received NEH funding to develop an Emphasis in Integrated Humanities Program. A former campaign operative and political speechwriter, he holds a Master of Fine Arts in Creative Writing from the University of Nebraska and has published essays and stories in various literary magazines.

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

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

Speakers

Luke Daniel White MFA University of Iowa

Luke Daniel White is an Iowa City-based dramaturg and director. He is currently completing his M.F.A. in Dramaturgy in the University of Iowa Playwrights Workshop where he most recently served as dramaturg on the productions of: *HIR*; *By the Way, Meet Vera Stark*; *Found*; and *Nothing But Days*; as well directing *A Kingdom Jack*™ in the 2018 Iowa New Play Festival. In 2017, he assistant directed the inaugural season of Dog Days Theatre at the FSU/Asolo Rep Conservatory. He completed an Artistic Apprenticeship at the Cleveland Play House during its 2016/17 season, where he served as assistant to the director on *Sex with Strangers*, *Baskerville: A Sherlock Holmes Mystery*, and as a dramaturgical assistant on the New Ground Theatre Festival. In 2016, he completed a literary internship at South Coast Repertory and worked on the Pacific Playwrights Festival. Luke earned a B.A. in Theatre from Appalachian State University in 2015. He continues to work as a freelance script reader in addition to his work at Iowa. <

Therese Woodring MD University of Illinois College of Medicine Peoria

Therese Woodring is a postdoctoral researcher at the University of Illinois College of Medicine Peoria. She is currently an investigator on a study to evaluate the benefits and feasibility of a reflective writing exercise for patients and providers on residency teaching services. Her creative writing has been featured in *Annals of Internal Medicine* and *The Pharos*.

Exhibitors

Palette Magazine Author/publisher

B1, MERF Atrium

Palette Magazine is a student-led publication that fosters artistic expression, collaboration, and dialogue within the University of Toronto's medical community. Featuring student talent in the visual arts, creative writing, performance arts, and lifestyle design, Palette provides a platform to both celebrate creative authenticity and unite diverse interests among medical students.
annieanyi.yu@mail.utoronto.ca

BandageMan Press Author/publisher

B2, MERF Atrium

BandageMan Press QUALITY FICTION FOR THOSE WHO THINK READING A BOOK SHOULD BE FUN!
<http://www.bandagemanpress.com/> drdan@bandagemanpress.com

Prairie Lights Book Seller

B4, MERF Atrium

Visit our table for books written by
Examined Life presenters and more.

On-the-spot consignments available for all attendees (bring your books with you or ship them to us advance,

and make selling

arrangements when you arrive).

<http://prairielights.com> info@prairielights.com

Living with Terminal Brain Cancer in Medical School Display

B3, MERF Atrium

Diagnosed with a third occurrence of brain cancer just nine months into medical school, this exhibit shares a series of essays throughout a two-and-a-half year journey navigating terminal illness as a medical and graduate student.

Jeremy Pivor, UC Berkeley - UCSF Joint Medical Program

jeremypivor@berkeley.edu

Exhibitors

Development of a Multidisciplinary Narrative Medicine Education Program for

Palliative Care Fellows Poster

P1 MERF Atrium

Presented by Christopher Blake, BA, MSc, MD, Princess Margaret Hospital, University Health Network, University of Toronto. Successful Palliative Care demands the nuanced elicitation and interpretation of rich and emotionally demanding stories from patients, family members, and other caregivers. Narrative medicine represents one approach to gathering these narratives, improving patient care, and increasing clinician satisfaction with the care they provide. Working as a multidisciplinary team we developed a narrative medicine educational program for Palliative Care fellows. To achieve this, we sought the support of educational directors, developed a rationale for inclusion of the program based on the fellowship's learning objectives, consulted with current fellows, and developed a session format of close reading and reflective writing to better prepare fellows for the communication challenges they will face during their training and practice.

christopher.william.blake@gmail.com

Living Proof Poster

P2, MERF Atrium

We use the therapeutic benefits of the arts to reduce stress, provide hope, support, and healing for people impacted by cancer. We do this with four programs: Creative Sessions, Art-to-Go projects, exhibitions of cancer survivor art, and virtual tours of the Figge Art Museum.

pamelajane@couch@gmail.com

I am an African Woman... Poster

P3, MERF Atrium

A poem written to describe the strength of African Woman.

Olayinka Adekugbe,

University of Iowa

olayinka-adekugbe@uiowa.edu

Exhibitors

Examined Life: The intersections of the Art of Photography and the Art of

Anesthesia visual art display

P4, MERF Atrium

My exhibit focuses on my passion for bird photography, specifically of Birds-in-Flight. The similarities between the art of bird photography and art of anesthesia are multiple. Both require an early start in the day, one before the birds rise and another to prepare and do all safety checks before surgery. Both require patience, knowledge and understanding of your surroundings, with long periods of “inactivity”. But when there is action, it is fast and without much warning. You have to be fully prepared, whether it is treating sudden hemodynamic disturbance after hours of uneventful anesthesia or framing the right picture of a bird flapping its wings in flight after hours of perching still, at a rapid shutter speed, with continuous focusing and tracking. In both situations, after often hours of calmness or stillness and waiting, you would have a few moments of extreme activity requiring quick reflexes and concentration. This hobby is also a way of self-care in my busy professional life and extremely satisfying.

Anil Marian,

MBBS, MD, FRCA,

University of Iowa Carver College of Medicine

anil-marian@uiowa.edu

Our Hysterectomies: an anthology of illustrated first-person accounts of hysterectomies, oophorectomies, myomectomies and more. visual art display

B6, MERF Atrium

“Our Hysterectomies” is an eBook and print collection containing the illustrated first-person accounts of sixteen women who have had hysterectomies, oophorectomies, myomectomies and more. The downloadable book contains animation, as well as printable DIY papercraft. The book launched in Fall 2018, with a hope to increase awareness and support women’s access to healthcare services. It was first made available as part of a fundraising campaign for Planned Parenthood, wherein all donations went directly to the organization and all supporters received a copy of the eBook regardless of donation amount. The eBook is now being made freely available for academic purposes, with print copies available for sale.

Presented by Marianne Petit BA, MA, MPS, New York University, Tisch School of the Arts, Interactive Media Arts / ITP.

<https://mariannerpetit.com/paper-art-more/2018-our-hysterectomies>

Exhibitors

Sight x Site visual art display

B5, MERF Atrium

The sense of sight is essential to many people's experience of the world. And yet, most of us will experience vision loss at some point in our lives. What does it mean to "see" when your eyesight has vanished or changed? In a series of interviews with patients being treated at the Barnes-Jewish Hospital eye clinic in St. Louis, we gathered stories of how vision loss feels to those who have experienced it first-hand: a curtain falling over the world, a fog rolling in, a black worm swimming through water. We have adapted these stories to create an immersive installation that invites visitors to inhabit a space where sight has been modified and transformed. Through a combination of multi-sensory materials and textures, soundscapes, and videos, visitors will be challenged to reconsider the role vision plays in their lives, and ask themselves what it truly means to see.

Presented by Craig Pearson PhD, Washington University School of Medicine.

DISCLOSURES OF RELEVANT FINANCIAL INFORMATION

Your last name:	Your first name:	Your email address:	Role in the activity:	Within the past 12 months have you had a financial	Speakers Bureaus (list of Company Names)	Consultants (list of Company Names)	Grant/Research Support (list of Company Names)	Stock Ownership-not 401k (list of Company Names)	Other (list of Company Names with explanation)	Conflict resolution required?	
Etler	David	david-etler@uiowa.edu	Conference Director/Planner	NO							
Scherting	Bruce	bruce-scherting@uiowa.edu	Speaker/Instructor	NO							
Leighton	Susan	sleighton@ocrahope.org	Speaker/Instructor	NO							
CAMPBELL	BRUCE	bcampbell@mcw.edu	Speaker/Instructor	NO							
Marian	Anil	anil-marian@uiowa.edu	Speaker/Instructor	NO							
Hortin	Janet	Janet.hortin@duke.edu	Speaker/Instructor	NO							
Vozenilek	Gina	gina.p.vozenilek@osfhealthcare.org	Speaker/Instructor,Both speaker/instructor and director/planner	NO							
Katz	Greg	greg@gregkatz.com	Speaker/Instructor	NO							
Weitl	Philip	philip.weitl@doane.edu	Speaker/Instructor	NO							
Weitl	Philip	philip.weitl@doane.edu	Speaker/Instructor	NO							
WATERS	DANIEL	dpwaters1@mchsi.com	Speaker/Instructor	NO							
Fournier	Melissa	Melissa@MyMichaelsPlace.net	Speaker/Instructor	NO							
LaMarche	Mason	mason-lamarche@uiowa.edu	Speaker/Instructor	NO							
Finkelstein	Claudia	finkel22@msu.edu	Speaker/Instructor	NO							
Mayhew	Maureen	maureen.mayhew@ubc.ca	Speaker/Instructor	NO							
Reed	Laurie	lreed11@yahoo.com	Speaker/Instructor	NO							
Datchuk	Kimberly	kimberly-datchuk@uiowa.edu	Speaker/Instructor	NO							
Plunger	Brady	brady-plunger@uiowa.edu	Speaker/Instructor	NO							
Nelson Mukherjee	Erika	nelson@union.edu	Speaker/Instructor	NO							
Scott-Conner	Carol	carol-scott-conner@uiowa.edu	Speaker/Instructor	NO							
Kovens	Laurie	lkovens@gmail.com	Speaker/Instructor	NO							
Brown	Bruce	vagrove44@gmail.com	Both speaker/instructor and director/planner	NO							
Bettendorf	Brittany	brittany-bettendorf@uiowa.edu	Speaker/Instructor	YES	N/A			Involved in research on the use of Sarilumab for treatment of GCA and PMR, funded by Sanofi pharmaceutical company	N/A	N/A	None
Marshall	Leigh	leigh-marshall@uiowa.edu	Both speaker/instructor and director/planner	NO							
Kim	Yeuen	yeuenkim@stanford.edu	Speaker/Instructor	NO							
Pearson	Craig	craigspearson@wustl.edu	Speaker/Instructor	NO							
Lewis	Jason	jason-t-lewis@gmail.com	Both speaker/instructor and director/planner	NO							
Baranow	Joan	joan.baranow@dominican.edu	Speaker/Instructor	NO							
Berelter	Jeanne	ivanjeanne@comcast.net	Both speaker/instructor and director/planner	NO							
Stalter	Elliot	elliott-stalter@uiowa.edu	Speaker/Instructor	NO							
Woodring	Therese	tsw@uic.edu	Speaker/Instructor	NO							
Clark	Rudy	rudyclark@gmail.com	Speaker/Instructor	NO							
Tyler	Kimberly	kityler@mcw.edu	Speaker/Instructor	NO							
Knight	Megan	megan-knight@uiowa.edu	Speaker/Instructor	NO							
Palma	Melissa	melissa.l.palma@gmail.com	Speaker/Instructor	NO							
Sand	Anne	anne-sand@uiowa.edu	Speaker/Instructor	NO							
Carter	Elena	elena-carter@uiowa.edu	Speaker/Instructor	NO							
Rosenfeld	Natania	nataniarosenfeld@gmail.com	Both speaker/instructor and director/planner	NO							
Mortimer	Dylan	dylan_dillon@hotmail.com	Speaker/Instructor	NO							
Erondu	Mgbechi	mgbechi.erondu@bcm.edu	Speaker/Instructor	NO							
Lawrence	Elizabeth	Elawrence@salud.unm.edu	Speaker/Instructor	NO							
ball	susan		Speaker/Instructor	YES	Gilead Sciences						
REDA	SHERYL	sheri.a.reda@gmail.com	Speaker/Instructor	YES				Brief foray into a retirement account, excluding medical concerns.	Educational publishing for K-12. No science-related topics.	None	
Green	Ann	agreen@sju.edu	Speaker/Instructor	NO							
Trueblood	Kathryn	kathryn.trueblood@wwu.edu	Speaker/Instructor	NO							
Becker	Lila	Lila-becker@uiowa.edu	Speaker/Instructor	NO							
Fristrom	Ted	tfristrom@gmail.com	Speaker/Instructor	NO							
Shadur	Craig	cshadur@gmail.com	Speaker/Instructor	YES	Alexion Pharmaceuticals, Astra Zeneca Pharma	Horizon Pharma	None	None	None	None	
Petit	Marianne	marianne.petit@nyu.edu	Speaker/Instructor	NO							
Watts	David	hdavidwatts@gmail.com	Speaker/Instructor	YES				eHealth Records International, Inc.		None	
Leighton	Susan	sleighton@ocrahope.org	Speaker/Instructor	NO							
Cohn	Alexandra	acohn@mcw.edu	Speaker/Instructor	NO							
Suhr	Kim	kim@redoakwriting.com	Speaker/Instructor	NO							
Mahr	Gregory c	gmahr1@aol.com	Speaker/Instructor	NO							
Cerpa	Andres	Cerpaa@aol.com	Speaker/Instructor	NO							
Drake	Marc	marcadrake@gmail.com	Speaker/Instructor	NO							
Toomey	Bridget	bridget-toomey@uiowa.edu	Speaker/Instructor	NO							
Grumet	Jordan	grumetjordan@yahoo.com	Speaker/Instructor	NO							
Blake	Christopher	christopher.blake@uhn.ca	Speaker/Instructor	NO							
Fleming	Jane	JaneFleming73@gmail.com	Speaker/Instructor	NO							
Genecko	John	john.genecko@duke.edu	Speaker/Instructor	NO							
Gagliese	Lucia	gagliese@yorku.ca	Speaker/Instructor	NO							
Hope-Gill	Laura	laura.hopegill@hr.edu	Speaker/Instructor	NO							
Fox	Serena	serenafox@mac.com	Speaker/Instructor	NO							
Thoele	David	david.thoele@advocatehealth.com	Both speaker/instructor and director/planner	NO							
Danon	Ruth	Rd2@nyu.edu	Speaker/Instructor	NO							
Hirst	Donna	donna-hirst@uiowa.edu	Both speaker/instructor and director/planner	NO							
Alexander	Meredith	meredith-alexander@uiowa.edu	Speaker/Instructor	NO							
Vazquez Melendez	Elsa	eluciav@uic.edu	Speaker/Instructor	NO							
Trueblood	Kathryn	kathryn.trueblood@wwu.edu	Speaker/Instructor	NO							
White	Luke	luke-white@uiowa.edu	Speaker/Instructor	NO							
Foo	Stephanie	stephfoo@gmail.com	Speaker/Instructor	NO							
Getz	Marjorie	Marjorie.getz@advocatehealth.com	Speaker/Instructor	NO							

DISCLOSURES OF RELEVANT FINANCIAL INFORMATION

Your last name:	Your first name:	Your email address:	Role in the activity:	Within the past 12 months have you had a financial	Speakers Bureaus (list of Company Names)	Consultants (list of Company Names)	Grant/Research Support (list of Company Names)	Stock Ownership-not 401k (list of Company Names)	Other (list of Company Names with explanation)	Conflict resolution required?
Bogart	Anne	adbogart@mac.com	Speaker/Instructor	NO						
Dicharry	Cathleen	cate-dicharry@uiowa.edu	Conference Director/Planner	NO						
Weingart	Arne	aweingart@weingartassociates.com	Speaker/Instructor	NO						