



## **GHHS 2017 National Conference**

### **Cultivating Resiliency Through Humanism and Community**

<http://www.gold-foundation.org/programs/ghhs/ghhs-2017-national-conference-on-humanism/>

*March 30 – April 1, 2017*

Chicago Westin O'Hare

#### **Conference aims:**

1. Renew and strengthen participants' connection to humanism in medicine and foster professional and personal resiliency among attendees.
2. Provide multiple venues for networking and foster the development of a community of humanistic medical practice.
3. Showcase best practices in humanistic approaches to care in training and practice
4. Provide information regarding current relevant research in humanism in medicine.

#### **Thursday, March 30, 2017:**

3:00	Arrival & Welcome
3:15 – 4:15	Opening Plenary: Keeping Your Heart Alive in Medicine: A radical approach to strengthening resiliency, professional vitality and personal satisfaction among physicians and medical students Rachel Remen MD
4:15 – 4:30	Setting the Stage: Conference Overview
4:30 – 5:00	Break
5:00 – 6:00	Small Group Interactive Session #1
6:00 – 7:30	Poster Reception with cash bar
7:30	Dinner, National Induction, and Celebration

#### **Friday, March 31, 2017:**

6:45	Wellness activities (45 minutes)
8:00 – 9:15	Breakfast and Gold Mining Roundtables #1
9:30 – 10:30	Welcome from Arnold P. Gold Foundation and Gold Humanism Honor Society
10:30 – 10:45	Break
10:45 – 12:15	Workshops: Round 1 (listed below)
12:30 – 1:00	Lunch
1:00 – 2:00	Personal Resiliency through Activism: Dorothy Levine, MD & Intergenerational Panel
2:00 – 2:15	Break
2:15 – 3:45	Workshops: Round 2 (listed below)
4:00 – 5:00	Plenary session: Narratives, Health, and Healing: Exploring the Therapeutic Potential of Storytelling in Health Contexts Lynn Harter, PhD
5:00 – 6:00	Small Group Interactive Session #2
6:00 – 7:00	Open Microphone
7:00	Dinner (on your own)



**Saturday, April 1, 2017:**

7:00	Wellness activities (45 minutes)
8:00 – 9:15	Breakfast and Gold-Mining Roundtables #2
9:15 – 10:15	Small Group Interactive Session #3
10:15 – 10:30	Break
10:30 – 11:30	Keynote Concert: "You Raise Me Up" celebrates our shared empathy, compassion, hope, and the 'works of heart' that reside in each of us. Maureen McGovern
11:30 – 12:15	Town Hall / Conference Close
12:15	Departure



**GHHS 2017 National Conference: Cultivating Resiliency Through Humanism and Community**

**Workshop Presentations**

Note: Workshops will be presented on Friday, March 31 from 10:45 – 12:15 and repeated again from 2:15 – 3:45

Presenter	Topic & Description
1a. Rachel Remen MD and Evangeline Andarsio MD	<p><b>Rekindling the Flame: Experiencing Discovery Model Approaches for Exploring and Strengthening Calling and Meaning from THE HEALER’s ART Course for Medical Students</b></p> <p>The Healer’s Art Course is one of the oldest national courses for strengthening resilience and clarifying service intention in first and second year medical students, Since it began at UCSF School of Medicine in 1991, more than 16,000 medical students at 80 medical schools and schools in 7 countries abroad have completed the course. This workshop is an opportunity to explore Meaning and Calling as a form of Self-care using innovative educational approaches from Healer’s Art. <i>(Friday morning only)</i></p>
1b. Howard Silverman MD MS	<p><b>Healing Ceremonies</b></p> <p>This interactive workshop will focus on the connections between ceremony, health, and resiliency for patients and clinicians. We will discuss the impact of ceremony and ritual on both resiliency and physical, emotional, mental and spiritual health. Based on a framework for designing ceremonies, participants will appraise approaches for appropriately and practically integrating ceremonial techniques into daily patient care and teaching activities. <i>(Friday afternoon only)</i></p>
2. Lynn Harter PhD	<p><b>The Art of the Possible: Humanizing Medicine with Narrative Practices</b></p> <p>This workshop will examine the importance of narrative practices in patient and family-centered care. Participants will view the PBS documentary <i>The Art of the Possible</i>, produced by Lynn M. Harter and Casey Hayward, and explore tools and techniques designed to foster narrative sensemaking in caregiver-patient-family relationships.</p>
3. Andrew Morris-Singer MD and Marianne Roy	<p><b>Building your personal and professional resilience through evidence-based practices</b></p> <p>This workshop is designed for those who want to significantly improve their level of professional and personal resiliency using strengths based methods. After completing a confidential well-being assessment, we will explore the various dimensions of well-being. In this highly interactive workshop, participants will learn about and practice several evidence-based tools designed to strengthen personal and professional resilience.</p>

Presenter	Topic & Description
4. Ronald Epstein MD	<p><b>Cultivating Attention and Presence</b></p> <p>The theme of this session will be “making the ineffable visible.” The ineffables of clinical practice – how one guides one’s attention to what is most important (be it emotion, information or technical procedure) and engages with a task or another person with one’s full presence – are key characteristics of master clinicians and are at the core of clinical care. Attention and presence can be cultivated, and this workshop will explore how – in a pragmatic way – so that skills of attention and presence can be more available at the bedside. The workshop will include interactive and didactic components and is designed to promote greater awareness, attention and presence during clinical practice.</p>
5. Laura Gelfman MD, Sheryl Pfeil MD, and Christopher Esber MD  Moderator: Scott Schaffer MD	<p><b>Celebrating Innovations in Humanism: The 2016 GHHS Chapter Awards</b></p> <p>Each GHHS Chapter serves as a foundation upon which to build a more humanistic environment for patient care, medical education and research. This workshop taps into the GHHS Chapter Award winners programming from the Icahn School of Medicine at Mount Sinai and the Ohio State University GHHS Resident Chapter as we celebrate the success of GHHS chapters across the world.</p> <p>Discussions will center on the four cornerstones of GHHS Chapter life: Impact, Learning Environment/Research, Service Activities and Leadership that were highlighted in the GHHS Chapter Award nominations and we will then explore ideas in “Cultivating Resiliency Through Humanism and Community” specifically designed for medical students and residents.</p>
6. Linda Stone MD and Nina Stoyan-Rosenzweig, MS	<p><b>Humanism in Medicine and the Healing Presence of the Arts: Two Perspectives</b></p> <p>Participants will explore the healing presence of the arts in medical education, in patient care and in building humanistic health care environments.</p> <ul style="list-style-type: none"> <li>➤ Experience medicine and the arts through two perspectives from the University of Florida and the Ohio State University with ‘lightning talks’ focusing on the roles that music, dance, writing, theatre, and the visual arts have played in the continuum of care for patients, physicians, medical students and healthcare teams.</li> <li>➤ Participate in an interactive discussion on integrating the arts into GHHS chapter activities that help to build a more humanistic and compassionate environment for all we serve.</li> </ul>
7. Soumya Panchanathan, MD MS	<p><b>Relationship-enhancing use of EHR</b></p> <p>Collaborative use of the electronic health record (EHR) by patients and physicians can contribute to improved quality of care, enhance the decision-making process, empower patients to participate in their own care, and increase the patient-centeredness of interactions. However, the EHR is perceived by some to be a barrier between a patient and a physician. This interactive workshop will focus on specific strategies to use the EHR as both a relationship building tool and a way to provide safe, complete and efficient care to patients. This approach is intended to enable clinicians to reconnect with their primary motivation for entering the practice of medicine.</p>

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8. Lia Logio, MD	<p><b>The Other Side of the Moon: Finding Joy and Meaning in Medicine</b></p> <p>Intended for students, residents and practicing physicians, during this workshop, we will review contributors to burnout and describe the resident experience in 2017. Participants will identify ways to improve a sense of joy and meaning in everyday clinical activities and share best practice stories and novel ideas for modeling wellness.</p>
9. Liz Gaufberg, MD	<p><b>Mentor Mapping: Strengthening Your Developmental Network</b></p> <p>Your developmental network is a relatively small set of relationships that helps you to get your work done, advance your education/career, and provide both personal and professional support. These may include relationships with colleagues (e.g. supervisors, teachers, subordinates, peers), family members, or members of your community or special interest groups. In this interactive workshop, you will reflect on these relationships and map your personal developmental network. You will analyze the patterns you find in your developmental network, consider your style of networking, and make an action plan to enhance the mentorship and support accessible to you.</p>
10. Charlie Pohl, MD	<p><b>Ensuring Collaborative Compassionate Care in a Complicated and Evolving Healthcare Work and Learning Environment – Forward Vision Thinking</b></p> <p>Participants will review the current state of the work and learning environment in healthcare and its potential impact on the patient, the healthcare team members, the learner and the health system. They will also learn to use the “Forward Vision Thinking” model to reframe one’s approach to the practice of medicine and help develop strategies to ensure “the quadruple aim” at the bedside and the learning environment.</p>