

DISCOVER THE POWER OF STORYTELLING IN MEDICINE



Laurel Braitman PhD, Director of Writing and Storytelling, Stanford School of Medicine's Medical Humanities and the Arts Program

WRITING MEDICINE FOR HEALTHCARE PROFESSIONALS, PATIENTS, AND CAREGIVERS

Director of Writing and Storytelling at the Stanford School of Medicine's Medical Humanities and the Arts Program and *New York Times* bestselling author Dr. Laurel Braitman is offering reflective writing workshops and grand rounds lectures on the power of storytelling for healthcare professionals, patients, and caregivers at academic medical institutions, cancer centers, and community clinics across the U.S. between 2023 and 2025. Available as co-facilitator is Christy Hartman, MA, the Program Coordinator at the Medical Humanities and the Arts Program at the Stanford University School of Medicine with experience coaching hundreds of Stanford University students in storytelling techniques.

These 90 minute workshops and lectures offer opportunities for participants to hone their communication skills, reflect on meaningful experiences in medicine and beyond, and learn to express themselves more clearly and vulnerably. Modeled after the virtual writing workshops led by Dr. Laurel Braitman for over 10,000 healthcare professionals around the world since spring 2020 ("Writing Medicine"), these trainings encourage brave communication about potentially difficult subjects, cultivate resilience in the face of joy, grief, and other complex emotions, and offer protected time to reflect on both difficult and rewarding moments in medicine.

REFLECTIVE WRITING WORKSHOPS

GRAND ROUNDS LECTURES

VIRTUAL OR IN PERSON



REFLECTIVE WRITING WORKSHOP

Workshops offer participants an opportunity to pause, reflect, and practice creative problem solving and narrative building in a warm and welcoming environment. Participants will receive a selection of custom writing prompts on various themes pertaining to their specific interests and goals and will alternate between writing and sharing. Every workshop begins with an icebreaker and establishment of best practices, followed by a 15 minute talk on the tenets of excellent storytelling and specific tips and tricks for becoming one's most authentic, evocative, interesting and clear communicator (whether on the page, with colleagues or on teams, at a podium, or speaking with family and friends).

By the end of a 90 minute session, participants will be able to:

- Employ specific techniques for speaking and writing more clearly and vulnerably (one-on-one or to larger audiences)
- Identify the elements of compelling storytelling and introduce these elements into their own communication practices
- Draw on their physical senses to imbue their communication with depth and resonance
- Develop their own storytelling practice using take-away prompts and strategies for accountability moving forward
- Recognize the importance of storytelling in the support of wellbeing in healthcare contexts

GRAND ROUNDS LECTURES

Laurel frequently offers grand rounds lectures at clinic and hospital systems around the country about the role of storytelling in medical practice and training--drawing from her experience as the Director of Writing and Storytelling at Stanford Medicine's Medical Humanities and the Arts Program where for seven years she has helped physicians, trainees, nurses and many others working in healthcare become more vulnerable, compelling writers and speakers. Clinical students and faculty that Laurel has worked with have published widely for both professional and popular audiences from *New York Times* bestselling novels to public radio to narrative essays in academic journals to making better presentations about their clinical research. Perhaps most importantly however, her and her team's work has been shown to significantly improve emotional well being in participants.



ABOUT US



Laurel Braitman PhD is a *New York Times* bestselling author and the Director of Writing and Storytelling at the Medical Humanities and the Arts Program at the Stanford School of Medicine where she has helped hundreds of physicians, clinical students and other healthcare professionals communicate more bravely and effectively. She holds a PhD in Science, Technology and Society from MIT, and is a Senior TED Fellow. Her new book *What Looks Like Bravery: An epic journey from loss to love* has just come out with Simon & Schuster. "An affecting investigation of loss, sorrow, and the search for meaning," according to Kirkus Reviews. Her last book, *Animal Madness*, was a NYT bestseller and has been translated into eight languages. She is the founder of the global community of writing healthcare professionals, Writing Medicine, now in its third year. Her work has been featured on the BBC, NPR, Good Morning America and Al Jazeera. Her writing has appeared in *The Guardian*, on *Radiolab*, in *The Wall Street Journal*, *Wired*, *National Geographic* and other publications.



Christy Hartman MA is the Program Coordinator at the Medical Humanities and the Arts Program at the Stanford University School of Medicine and a gifted instructor in the art and craft of storytelling. She received her masters in Ecopsychology and Environmental Humanities from Viridis Graduate Institute and holds a certificate in writing from the Salt Institute for Documentary Studies. Christy was a staff producer for the *State of the Human* podcast for a decade, and has coached hundreds of Stanford University students in storytelling techniques. Her essays have been published in *Souvenir Lit Journal*, *About Place Journal*, *The Stanford Daily*, and in the book, *Aftermath: Explorations of Loss & Grief*. Her solo-performance, *Wolf Teeth*, is currently in production. Christy will be helping facilitate the storytelling workshops and provide additional support for participants.

FEE STRUCTURE

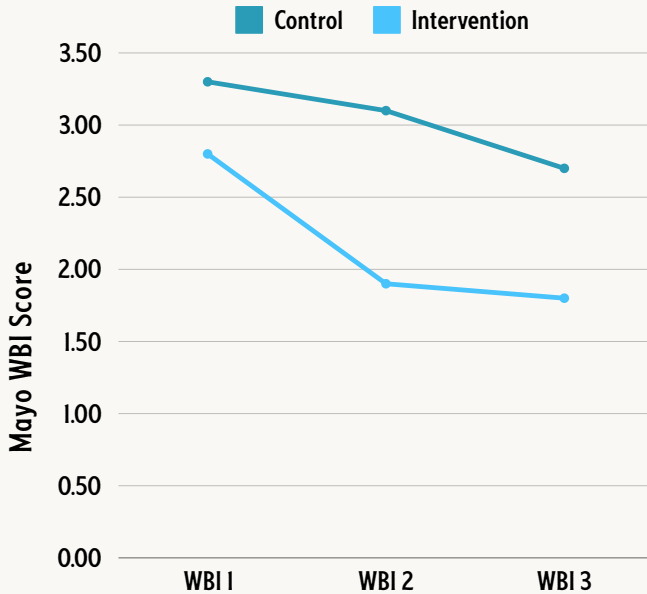
Writing workshops are pay what you can for patients and caregivers and certain nonprofit and patient advocacy groups. Fee and/or honorarium required for healthcare professional audiences including but not limited to: Physicians, nurses, hospital administration and staff, and more. Cost dependent on availability, virtual or in person, size of audience, and the needs of the institution. Open to all departments and specialties.

Please contact grandrounds@laurelbraitman.com for details.



EFFICACY

MAYO WELL-BEING INDEX (WBI) SCORES OVER TIME

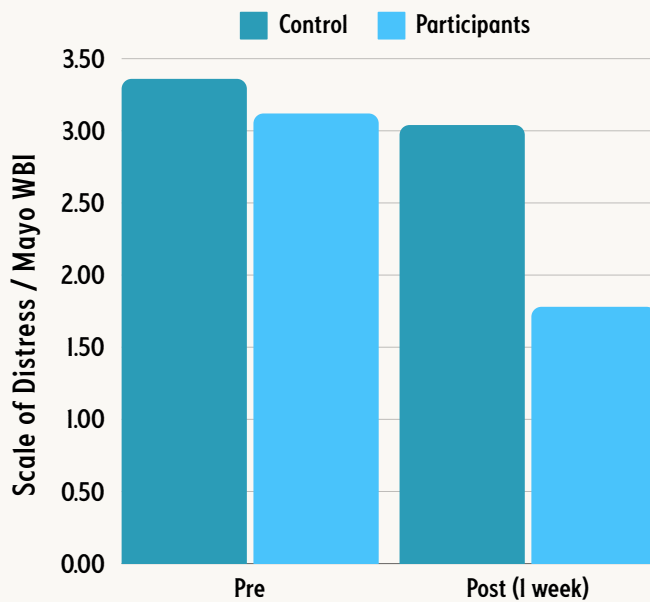


70% OF PARTICIPANTS SHOWED DECREASE IN DISTRESS

Short storytelling interventions for healthcare professionals by Laurel showed 70% of participants with some decrease in distress as measured by the Mayo Medical Well-Being Index (WBI). Mayo WBI completed by both groups prior to participation, at halfway point, and after last session

R. Ryan, P. Romano, L. Braitman, S. Jameson, M. Barnett, 2023

RESULTS: MAYO WELL-BEING INDEX (WBI)



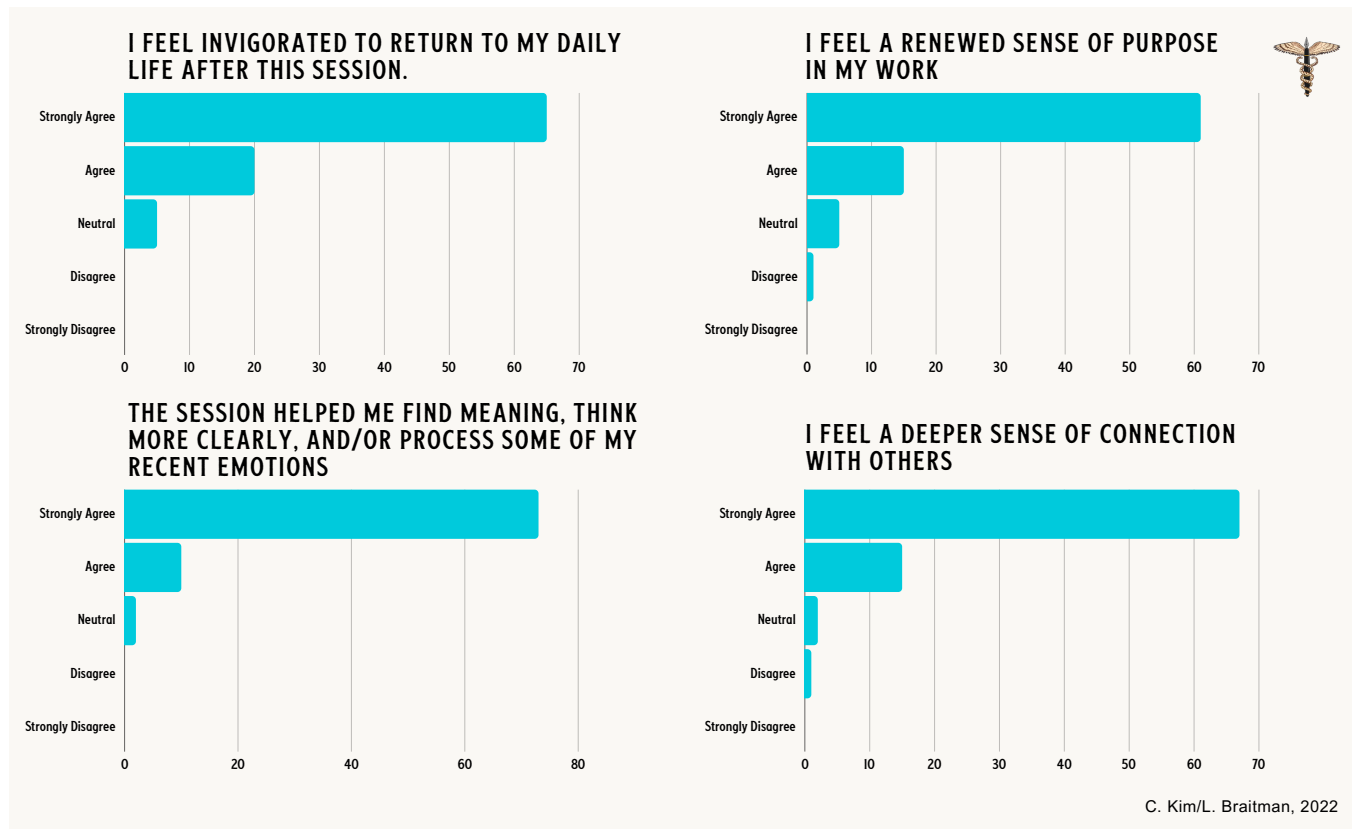
43% DECREASE IN STRESS POST-WORKSHOP (1-WEEK)

Combined data for 3 workshops (Spring 2018, Fall 2018, Winter 2019)
 43% decrease for participants comparing pre vs. post 1-week
 Pre: 75 student responses, 25 control
 Post: 63 student responses, 23 control

C. Kim, L. Braitman, A. Schafer 2019



EFFICACY



TESTIMONIALS

The session brought my subconscious into consciousness and it was therapeutic.

DR. BRENDA KUBHEKA
JOHANNESBURG, SOUTH AFRICA

Writing Medicine has given me a profound safe space. This is SO INCREDIBLY VITAL for us as healthcare workers.

WORKSHOP PARTICIPANT

This group is what has been missing from my medical training and career.

WORKSHOP PARTICIPANT

I appreciate having an encouraging space to start writing again.

DR. RACHEL HAN, DEPARTMENT OF PSYCHIATRY
WALTER REED NATIONAL MILITARY MEDICAL CENTER

These sessions have helped me so much to listen more, to reflect more, to dig deeper, and to get back to the truth of human-hood.

WORKSHOP PARTICIPANT

Laurel's workshop provides an essential nutrient I didn't know I was deficient in.

WORKSHOP PARTICIPANT





KEYNOTES

Laurel Braitman frequently gives keynote lectures to state hospital associations, national associations of healthcare leaders, hospital systems, academic medical centers, advocacy organizations, patient networks, and other large audiences in healthcare, medicine, the humanities and at national meetings. Her talks focus on the power of storytelling to improve clinician (and clinical-student) well-being and reduce burnout in healthcare as well as the ways we might find meaning in the hardest things that happen to us.

Recent keynotes have included the main TED conference, American Association of Medical Colleges Annual Meeting, the Institute for Healthcare Improvement Patient Safety Congress, The Chautauqua Institute Faith and Health Summit, Elevate Psych Congress, the Tanner Lecture at the University of Southern Utah, and many more. She is represented by The Lavin Agency Speakers Bureau.

TESTIMONIALS

Laurel Braitman has the rare gift of being able to combine ideas, research and personal experience into a compelling narrative.

AMITAV GHOSH, AWARD-WINNING AUTHOR OF SEA OF POPPIES

Laurel was among the highest praised speakers at Learn Serve Lead, both in evaluations and in conversation. Laurel spoke to the presumed culture of invulnerability among medical pro-fessionals, which resonated with our attendees of medical students, physicians and academic medicine faculty. Laurel was personal, resourceful and a lot of fun! She shared her own experience with invulnerability, which inspired attendees to consider their own. I hope to have the opportunity to work with Laurel again!

ASSOCIATION OF AMERICAN MEDICAL COLLEGES



LAVIN