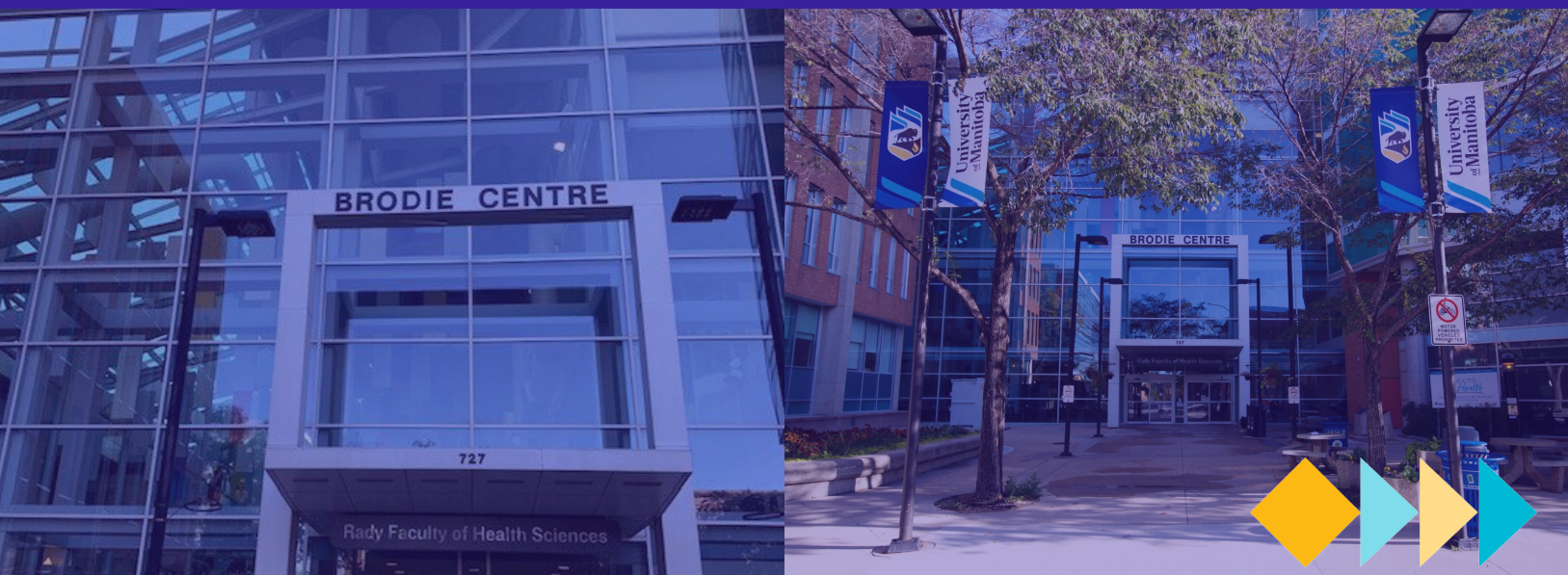


# Alan Klass Program in Health and Humanities

The new Interprofessional Health, Arts, and Humanities program offers Rady Faculty of Health Sciences faculty, staff, and students arts and humanities programming that enhances well-being and improves patient care. Workshops can be taken individually or as part of the new Certificate in Health, Arts, and Humanities.

Sponsored by the Alan Klass Program in and Health and Humanities in collaboration with the Office of Innovation and Scholarship in Medical Education



# Health, Arts, and Humanities Certificate

Participants who complete the requirements listed below will earn a Certificate of Completion in Health, Arts, and Humanities.

## **Core Courses:**

Introduction to the Arts, Humanities, and Health: Overview of the program and its requirements, theoretical foundations, and core concepts.

Narrative Medicine: Introductory Course: This course uses literature and poetry, storytelling, and journaling to develop deeper receptive and active communication, reflection and interpretation, and improve relationships with patients and colleagues.

Mindfulness and Self-Compassion: Mindfulness is an evidence-based practice that reduces burnout among health professionals and enhances patient-centred care. This course explores mindfulness skills in order to attend to negative emotions, manage stress, and find meaning and connection in clinical work.

## **Arts-Based Electives:**

Completion of a minimum of four arts-based workshops offered by arts in residence and community partners within the Alan Klass Program in Health and Humanities. Examples include photography, graphic medicine, creative writing, poetry, dance, improv, and guided visits to local art galleries, playhouses, and concerts.

## **Final Project:**

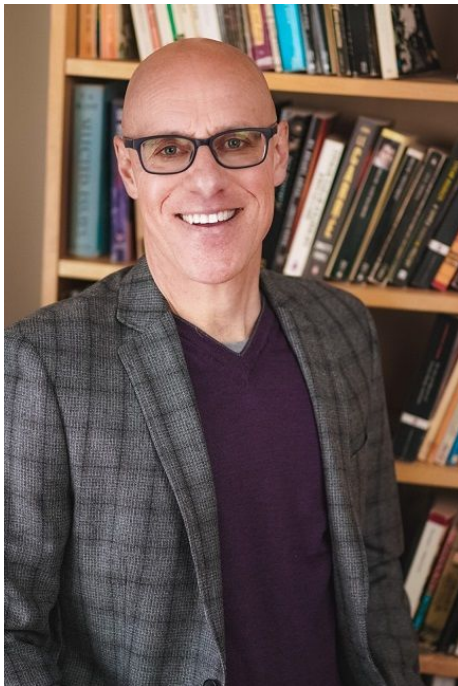
Create an artistic work in a chosen art form, present it to fellow students and faculty, and lead a brief discussion.

For additional information or inquiries, please contact Susan Wingert [susan.wingert@umanitoba.ca](mailto:susan.wingert@umanitoba.ca) and Ashley LaRosa [ashley.larosa@umanitoba](mailto:ashley.larosa@umanitoba)



# Narrative Medicine Introductory Course

This course introduces narrative medicine by engaging you as a reader, writer, and medical professional with narrative materials drawn from various literary genres, much of which has medical themes. Positive health outcomes depend on communication, empathy, and collaboration, all skills that are integral to narrative medicine. The course comprises 6 weekly sessions of 2 hours each, and is designed for those who have not previously studied narrative medicine. Each class will consist of close reading, listening, watching, and writing exercises, sharing of reflective writing, and discussion of the reading and writing. No reading or writing outside class will be required. (12 hours)



## Session Dates

5:45 PM -7:45 PM via Zoom

Week 1 - Monday, September 26

Week 2 - Monday, October 3

Week 3 - Monday, October 17

Week 4 - Monday, October 24

Week 5 - Monday, November 7

Week 6 - Monday, November 14

[Registration can be found here.](#)

Maurice Mierau's last book was a monograph on the poetry of Patrick Friesen, *How Mind and Body Move*.

His memoir, *Detachment*, won the Kobzar Literary Award, as well as the Alexander Kennedy Isbister Award for Non-Fiction. His poetry collections include *Autobiographical Fictions*, *Fear Not*, winner of the ReLit Award for Poetry, and *Ending with Music*. Mierau was founding editor of the Canadian fiction imprint Enfield & Wizenty, and of the online magazine *Winnipeg Review*. Born in Indiana, he grew up in Nigeria, Manitoba, Jamaica, Kansas, and Saskatchewan. He holds an MA in English literature and in 2019 attended a Columbia University seminar on Narrative Medicine. Mierau has worked extensively in the

College of Medicine with a variety of learner groups.



# Image and Meaning Series with Leif Norman

The course will explore bias in images and how the visual world can and is manipulating the viewer. There will be photographic aspect where the class takes portraits of actual other humans and discover for themselves about how cameras produce “good and bad” images, as well as exploring the Bedside Manner of getting a portrait from a person.(16 hours)

## Session Dates

6:00 PM - 8:00 PM via Zoom

Week 1 - Tuesday, October 4

Week 2 - Tuesday, October 11

Week 3 - Tuesday, October 18

Week 4 - Tuesday, October 25

Week 5 - Tuesday, November 1

Week 6 - Tuesday, November 8

[Registration can be found here.](#)



Leif Norman wanted to be a High School Chemistry teacher, but then discovered that education was more than just teaching kids; things were complicated. Luckily, he was still attempting to be a photographer through doing his Chemistry degree at the U of W, and people continued to hire him to shoot festivals, portraits, and various events. He now puts his chemical knowledge to good use by experimenting with photographic processes from the 19th century, such as Cyanotypes, Salt Prints, and Calotypes. These are fun and artistic but don't pay the bills, which is why he continues to be a useful commercial and event photographer for the Fringe Fest, Comedy Fest, Cluster Fest, The WAG, PTE, MTYP, Theatre Projects Manitoba, Winnipeg's Contemporary Dancers, The RWB, ft3 architects, Winnipeg City Hall and many more cultural institutions and businesses around Winnipeg. He won't shoot weddings, but he will show up to the party. Leif considers himself a renaissance man, and since he was already a Cab Driver, Carnival Worker, Dish Washer in Gimli, Paperboy, MacBook Repairman, Performance Poet, and Voice Actor he figured he could also try to do interviews as good as Peter Gzowski.



NEW

# Rousing Our Imaginations: Investigating a Creative Writing Practice for the Potential Boost of Vitality it May Instigate During These Potent and Turbulent Times with Sue Goyette

This eight-week class is an opportunity to delve into a creative writing practice that will offer you the chance to reckon with curiosity, creative risk-taking, vulnerability, lateral and imaginative thinking, and serious play. All levels of experience are welcome; people new to a creative practice are especially encouraged to join. For the duration of the class, we will creatively and collectively think through this time we find ourselves in. How do we invigorate our imaginative risk-taking and feel ok-ish about not knowing what we're doing in our writing? How can we collectively create a space that is rich with possibility? And how can we recharge each other so that we feel more aligned with our creative selves in order to better engage with this singular time and with each other? This workshop will include time for discussions, writing exercises and will provide space for us to remember how good we feel when we're creatively engaged. (16 hours)

## Session Dates

5:00 PM - 7:00 PM via Zoom

Week 1 - Wednesday, October 5

Week 2 - Wednesday, October 12

Week 3 - Wednesday, October 19

Week 4 - Wednesday, October 26

Week 5 - Wednesday, November 2

Week 6 - Wednesday, November 16

Week 7 - Wednesday, November 24

Week 8 - Wednesday, November 30

Registration can be found [here](#).



Sue Goyette lives in K'jipuktuk (Halifax). She has published eight books of poems and a novel. Her forthcoming collection, *Monoculture*, will be published by Gaspereau Press in fall 2022. She has been nominated for the 2014 Griffin Poetry Prize and the Governor General's Award and has won several awards including the 2015 Lieutenant Governor of Nova Scotia Masterworks Arts Award for her collection, *Ocean*. Sue teaches in the Creative Writing Program at Dalhousie University and is the current Poet Laureate for HRM.



# Winter 2023 Offerings



\*New\* Introduction to the Health Humanities with Susan Wingert (4 hours)

Mindfulness and Self-Compassion with Jillian Horton (8 hours)

\*New\* Creative Writing with Susan Wingert (16 hours)

\*New\* Symphony and Music with Gregory Hay (8 hours)

\*New\* The Performing Arts with Spencer Duncanson (8 hours)

More to be announced

