



RADICAL LISTENING
Narrative Medicine for a Polarized World
June 13-16, 2019

THURSDAY, JUNE 13

7:30–9:30 pm | Opening Ceremony, Welcome, and Introduction

Paul Browde and Ssanyu Birigwa

Paul and Ssanyu guide an inner circle/outer circle dance-like exercise to introduce us to one another, giving the entire group a chance for brief yet intimate personal contact. We will then hold a creative discovery exercise in small groups. These small groups of eight participants will meet several times throughout the program for intensive work that requires confidentiality, safety, and authentic response.

FRIDAY, JUNE 14

8:30–11:30 am | Listening, Silence, and Voice: Developing the Muscle of Curiosity

Carol Gilligan, Jackie Cruz, and Noor Marie Jones-Bey

We will continue the first night's lessons about listening and making contact. The three presenters bring to our circle their deep experience with the process of multi-layered *listening for* the said and the unsaid in words. Using Carol's "Listening Guide," we learn together in this highly interactive session how much we can absorb about one another through radical listening to our individual stories. What happens when we replace judgment with curiosity?

11:30 am–12:30 pm Lunch

12:30–1:30 pm | Nature Walk: Listening to the Natural World (*rain or shine; or yoga/Healing Arts experience*)

In the beauty of Kripalu's surrounding forests, hills, and lakefront, enjoy a private or shared walk with the intention of seeing, hearing, smelling, experiencing, and interacting with the natural environment. We invite you to experience the present, the moment, in company with all that contains and touches us. By representing in words or pictures or music what we have undergone, we might share with one another the bounty of our senses.

1:45–3:30 pm | Narrative Medicine Toward Radical Attention

Ssanyu Birigwa and Rita Charon

Narrative medicine is a powerful means to bring creativity and attention into clinical practice and daily life. Deepu and Rita invite you into intensive experiences of perceiving works of visual art, reading creative texts, and listening to musical selections with heightened attention. Once we experience these works of art together, we are invited to represent, in words or visual images, what you've perceived. Not only do we discover our own unique perceptions and interpretations and how our interpretations differ from one another's; we expand exponentially what we *can* see and absorb by paying attention to what our colleagues see.

FRIDAY (continued)

3:45–5:00 pm | Listening as Close Reading: Narrative Medicine Exercise

In your small groups, explore close reading as a route to attentive and reflective listening that builds authentic connections between individuals. You will closely read together a written text, paying attention to the temporal, spatial, metaphorical, and narrative features of the text. What do we see? What do we hear? Where are we brought by the rhythms and moods and currents of the text? After joining in a deep experience of the work, you are invited to write to an expansive prompt toward spontaneous writing of discovery. Sharing what we have created leads to surprising intimacy of both revelation of self and recognition of others.

5:30–7:30 pm Dinner

7:30–9:00 pm | Evening Session: Narrative Listening Salon

During the evening salon, you are invited to share short personal artistic, narrative, or musical works with your colleagues. Experience windows into one another's perspectives, insights, and concerns through readings and performances while paying attention to your own expanding modes of receiving the visions of others.

SATURDAY, JUNE 15

8:30–11:30 am | Listening as Entering Another's World

Paul Browde and Ssanyu Birigwa

Paul and Ssanyu guide experience that likens listening to another to visiting a foreign country—where the visitor must be invited in, taking time to learn the history and customs, and the host must be generous and patient in welcoming the visitor. This becomes a model for a practice of helping others to cross divides, to risk contact with the “foreignness” of another without having to experience the loss of one's own perspective.

11:30 am–12:30 pm Lunch

12:30–1:30 pm | Listening to Your Body: Nature Walk (*rain or shine; or yoga/Healing Arts experience*)

During this outdoor walk or yoga/healing arts experience, take notice of your own physical, sensory, proprioceptive, ambulatory experience. We want to reconnect with our own *knowledge* of ourselves in space and time, *ourselves* as phenomenal bodies, *ourselves* as not having a body or even living in a body but being an embodied unity that enacts the world by engaging with it.

1:45–3:30 pm | Listening as Embodying Another's Story: Story Exchange Using the Narrative 4 Approach

Lillian de Jesus

The exchange of stories fosters empathy by breaking down barriers and shattering stereotypes. In this exercise you will be paired with another participant to share a story that defines you. Afterwards, each of you take on the persona of your partner and tell their story in the first person. The story exchange is based on the simple idea that by knowing the story of another, we are able to better understand one another. For the story exchange, we create a safe, neutral environment that emphasizes care of one another.

SATURDAY (continued)

3:45–5:00 pm | The Story Exchange, continued

Lillian de Jesus

After a short break, we continue our story exchange work both in our small groups and in a full group session to reflect on what we have learned about self, about one another, and about the powers of listening to transcend boundaries and to foster empathy.

5:30–7:30 pm Dinner

7:30–9:00 pm | Kripalu Evening Event (optional)

Kripalu presents a musical evening open to all guests attending Kripalu's programs.

SUNDAY, JUNE 16

8:30–11:30 am | Taking Listening into the World

Brett Davidson and Lipi Roy

How can we take what we have learned together to be the foundation for personal and community movement and improvement? How does our personal growth translate into social justice action? In this final session, we engage in an exercise designed to identify and synthesize the strengths, goals, and opportunities explored throughout the weekend. We conclude with an activity that marks what we have experienced together and that articulates what we hope to bring back into the world.

12:00 pm Lunch (*accommodations room keys lock at noon*)