



NARRATIVE MEDICINE
A Cutting-Edge Approach to Healthcare
July 8–13

SUNDAY, JULY 8

7:30–9:30 pm | Welcome and Introduction

Lisa Weinert welcomes and introduces presenters and the program.

MONDAY, JULY 9

8:30–11:30 am | The Science of Compassionate Listening

Lisa B. Nelson, MD and Jillian Pransky; moderated by Lisa Weinert

Leading integrative physician Lisa B. Nelson provides a scientific framework for empathic listening as the center of the healing encounter. She discusses how listening works in the brain, and how it affects the central nervous system. Renowned restorative yoga teacher Jillian Pransky shares how the body and breath is affected by effective listening techniques and also discusses how listening is used to create a bond and trust between care-giver and patient to create the necessary environment for healing to occur. This workshop concludes with a moderated conversation an interactive discussion on how to teach listening, and how to use it as a healing tool.

11:30 am–1:30 pm Lunch

1:30–3:30 pm | The Write Prescription (TWP): Writing Workshop

Judith Hannan and Nancy Slonim Aronie

In this daily writing workshop, you use writing prompts and listening exercises designed to tap into personal narrative. This involves large and small group work, sharing, and writing. Your time in this workshop alternates each day between working with authors Judith Hannan and Nancy Slonim Aronie.

5:30–7:30 pm Dinner

7:30–9:30 pm | Restorative Yoga

Jillian Pransky

Open to all bodies, background and abilities. Restorative yoga master Jillian Pransky offers a deeply nourishing and inspiring class designed to tap into deep relaxation and foster a sense of soft attention and compassionate inner listening.

TUESDAY, JULY 10

8:30–11:30 am | Transformative Power of Literature

Suleika Jaouad and Elizabeth Silver; moderated by Lisa Weinert

These literary lions provide a literary landscape for the healing process. Based on their work as writers and journalists and their personal experience as patients and caregivers, Suleika and Elizabeth discuss the power of the written word to transform and heal both the writer and the reader. This workshop focuses especially on the role of medical memoir and personal essay and includes a moderated conversation and group work.

11:30 am–1:30 pm Lunch

1:30–3:30 pm | TWP Writing Workshop

Judith Hannan and Nancy Slonim Aronie

In this daily writing workshop, you use writing prompts and listening exercises designed to tap into personal narrative. This involves large and small group work, sharing, and writing. Your time in this workshop alternates each day between working with authors Judith Hannan and Nancy Slonim Aronie.

6:00 pm Presenter Dinner

7:30–9:30 pm | Reading and Book Signing

Suleika Jaouad and Elizabeth Silver

Best-selling author Elizabeth Silver and Emmy award-winning author Suleika Jaouad read original work and take questions from audience.

WEDNESDAY, JULY 11 | HOW WRITING HEALS

8:30–10:00 am | Let the Whole Thundering World Come Home

Natalie Goldberg

“We all have a need to share, to express, to understand what we see, think, and feel before we die. It should be in the declaration of independence: the right to life, liberty, and the pursuit of happiness—and the right to write. All people have something to say and saying it helps.”

Best-selling author and writing teacher Natalie Goldberg shares her 45 years of experience breaking open the practice of writing for all people. Natalie has students who have gone out writing, as they faded on the hospital bed; her own dedication of the classic *Writing Down the Bones: Freeing the Writer Within* is to “meet in Heaven Café, writing for eternity.” Within her own year-long bout with cancer, she wrote a new book and says that “In the middle of cancer, cancer was not always the most important thing. It is a great freedom to have a practice. It steadies the mind in any situation. Writing is basic ... all you need is pen and paper.”

10:15–11:30 am | What is Narrative Medicine, How Does it Work?

Nellie Hermann

Nellie Hermann, creative director of the Narrative Medicine Program at Columbia University presents historical evidence and empirical data behind the effectiveness of narrative medicine as a clinical practice. She discusses case studies of how narrative medicine has transformed and looks at how narrative medicine is changing the face of medical school and offering a new lens into literary life.

11:30 am–1:30 pm Lunch

1:30–3:30 pm | TWP: Writing Workshop

Judith Hannan and Nancy Slonim Aronie

In this daily writing workshop, you use writing prompts and listening exercises designed to tap into personal narrative. This involves large and small group work, sharing, and writing. Your time in this workshop alternates each day between working with authors Judith Hannan and Nancy Slonim Aronie.

5:30–7:30 pm Dinner

7:30–9:30 pm | Reading and Book Signing

Natalie Goldberg

Best-selling author Natalie Goldberg reads from her work, including her new book about how meditation, writing, and painting helped her get through a year of extreme cancer. This workshop includes time for questions from the audience, followed by a book signing.

THURSDAY, JULY 12 (Contemplative Day)

8:30–11:30 am | Spirituality and Creativity

Natalie Goldberg and Kate Johnson; moderated by Lisa Weinert

Natalie Goldberg and Buddhist scholar and meditation teacher Kate Johnson discuss the ministry of storytelling and the relationship between spirituality and creativity. This workshop is a combination of presentation and group work moderated by Lisa Weinert.

11:30 am–1:30 pm Lunch

1:30–3:30 pm | TWP: Writing Workshop

Judith Hannan and Nancy Slonim Aronie

In this daily writing workshop, you use writing prompts and listening exercises designed to tap into personal narrative. This involves large and small group work, sharing, and writing. Your time in this workshop alternates each day between working with authors Judith Hannan and Nancy Slonim Aronie.

5:30–7:30 pm Dinner

NARRATIVE MEDICINE
A Cutting-Edge Approach to Health Care
July 8–13

7:30–9:30 pm | Open Mic Reading

Nancy Slonim Aronie, Judith Hannan, and Lisa Weinert

This is an opportunity to come together as a group to share a piece you have been working on.

FRIDAY, JULY 13

9:00–11:00 am | Closing/Next Steps

Lisa Weinert

Lisa joins presenters including Nellie Hermann, Elizabeth Silver, and Judith Hannan to provide action-oriented context for the future of Narrative Medicine. In this closing session, they summarize the present state of the growing movement and outline the opportunities to get involved and connect with others to continue this work in the field.