


Reflective Writing




Paul Blackburn, DO
Melody Glenn, MD



Pamela Schaff, M.D.

“Through engagement with the humanities, students will be encouraged to explore ethical decision-making, cultural differences in worldview, and the complexities of the interpretive act — the ‘multiple ways of knowing —’ that are essential to the effective practice of the healing arts.”



Inspiration



Residency



Health Effects of Writing

- ⌘ Better physical health
- ⌘ Fewer health visits
- ⌘ Improved sleep
- ⌘ Less pain
- ⌘ Lower blood pressure & heart rate
- ⌘ Lower stress hormone levels
- ⌘ Physical and mental relaxation
- ⌘ Positive mood
- ⌘ Stronger immune system

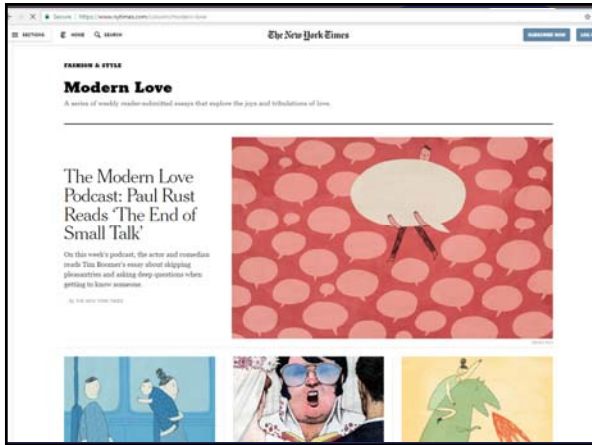
Pennebaker, J. & Smyth, J. *Opening Up by Writing It Down: How Expressive Writing Improves Health and Eases Emotional Pain*, 3rd edition, 2016.
University of Maryland School of Medicine's Center for Integrative Medicine. <http://cim.umaryland.edu/Events-11/Integrate-Writing-for-Wellness>.

- ⌘ Incorporate private expressive writing in your wellness routine as a method to help recover from trauma and stress
- ⌘ Use shared writing to build affiliation among coworkers
- ⌘ Use literature and writing to analyze and assign meaning to clinical encounters
- ⌘ Practice “close reading” and “close listening” techniques that you can incorporate into your clinical practice to improve patient care

Objectives

Structure





- ⌘ "The sessions serve a relaxing purpose as well as bonding since we are experiencing similar challenges."
- ⌘ "Brings up hidden emotions and opinions"
- ⌘ "It got people to share things that I wouldn't have known otherwise "
- ⌘ "I gained a deeper understanding of my thoughts and the notion that I am not in this alone. It helps to hear other people share similar experiences and sometimes ways to cope."
- ⌘ "It gives formal space to talk about important emotions that otherwise don't have space to express themselves. "

Positive Feedback
