

SCHEDULE FOR REFLECTIVE WRITING WORKSHOP

PART I: INTRODUCTION TO WRITING

9:00-9:10 Johanna states purpose of workshop; Introductions, including why they are interested in this workshop

9:10 – 9:20 – Johanna, Gabriella, and Monisha introduce some themes of reflective writing in a medical context

Reflective writing is useful for processing difficult or negative events, but it can also be used to celebrate or memorialize positive events; today our focus will be on celebrating events from your residency, your practice as a family doc, or even a personal event that intersected positively with your life as a doctor

PROMPT: Think about a positive experience with a patient, mentor, or colleague either during residency or while in practice, especially something that made you feel you'd made the right choice to be a family doctor

9:20-9:25 Gabriella leads a centering meditation/experience

9:25 – 9:35 Some tips for writing

Think about different modalities – first person essay, poem, letter (to pt or mentor), skit. Pay attention to how the story takes shape in your mind (Johanna)

Writing often starts with a “flash”: This can be an image, a feeling, a picture in our minds, a memory, a snippet of conversation (Johanna)

Pay attention to the feeling associated with the flash. You do not have to label it, but it should be strong enough to want to write about it. (Johanna)

Writers often recommend writing with pen and paper because of the greater intimacy; but you may actually feel more comfortable with stylus and iPad or some other form of writing. Do whatever is most natural to you. (Johanna)

Word Collage: Associate words to the feeling, image etc. of the flash and write them down. Nouns, verbs, adjectives, adverbs, etc, how these then intersect- (Gabriella)

Word web: Note the connections of the words you've written down. Is there a core, organizing word or words? Are some words more important than others? Are some connections more important than others? These are the words to concentrate on in writing (Gabriella)

Free write: classic free-write where you do not edit, censor, do not lift pen from paper, or stylus from iPad. Just write. (Monisha - plus other tips, any ideas you want to share)

9:35-9:40 Stretch break - wellness activity (Gabriella)

PART II: WRITING

9:40-9:50 Word collage and word web

9:50 – 10:10 Free-write

10:10:20: Editing: A chance to look over the writing and polish/refine.

SHARING YOUR WRITING OR THE PROCESS OF WRITING

10:20 – 10:40 Depending on the size of the small groups, participants will break into dyads and either, depending on their preference

- a) Share their writing with a partner and/or**
- b) Discuss what it was like to write**

10:40 – 10:55 Re-form as a whole group (still within the workshop) and discuss

- a. What it was like to write (what they liked/didn't like; what was hard/rewarding, where they got stuck; how it felt before/during/after writing; whether they learned anything or saw anything differently etc.)**
- b. What it was like to share writing (vulnerable, enjoyable, embarrassing, connecting etc.)**
- c. What it was like to receive writing (connection, identification, privilege, confusing etc.)**
- d. Opportunity for several writers to share their work with whole group in light of reunion**

10:55-11:00 Concluding thoughts (Monisha)