

# REFLECTION FOR SELF-CARE AND RESILIENCE: A NARRATIVE MEDICINE

## PRIMER

FacDev Thursday Seminar Series | Webinar

Dr. Tracy Moniz

This workshop provides a space for creative reflection through engagement with narrative medicine. You will be introduced to the field of narrative medicine and experience its methods of close reading and reflective writing.

This workshop aims to:

- Deepen understanding of narrative medicine—and the health humanities, broadly—as an approach to documenting, bearing witness to, and making meaning of experiences of illness and health care; and
- Explore literature and writing as tools that promote reflection, expression, and personal and professional growth.

Participants will engage in group discussion and reflective writing, and they will be asked to share their written reflections with other participants.

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the Continuing Professional Development Office of Dalhousie University for up to 1.0 (per hour of session) Mainpro+ credits. As an accredited provider, Dalhousie University, CPD, designates this continuing professional development activity for up to 1.0 credit hours (per hour of session) as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

September 17<sup>th</sup>, 2020

**2000-2100**

To access the webinar:

<https://dal.adobeconnect.com/cme-live>

Or visit the CPD Faculty Development website for link.

Or contact [FacDev@Dal.Ca](mailto:FacDev@Dal.Ca)

We highly recommend logging in *15 minutes* before the start time.