

Narrative Medicine Workshop



What is Narrative Medicine?

Narrative Medicine is a clinical practice, a method, and a field of study that centers individual and community stories in the service of health and social justice. By supporting self-reflection and providing a framework for attending to the stories of others, narrative medicine can help practitioners in their efforts to transform the health of individuals, communities, and health care systems.

Narrative medicine's practice of listening to others' stories and telling our own:

- Enables us to recognize our shared humanity
- Fosters connection and community
- Enhances our ability to empathize with others
- Cultivates self-expression, self-reflection, and narrative humility
- Encourages us to act and advocate for others



About the Narrative Medicine Program at the Keck School of Medicine of USC

The USC Narrative Medicine program aims to partner with local organizations to promote narrative medicine practices and methods as a means to improve the wellbeing of individuals and communities and to revitalize health care. We offer narrative medicine workshops tailored to the organization's goals and the needs of staff, clients, or patients. For example, workshops geared towards providers and healthcare advocates might address topics such as team-building, burnout, and responding to the suffering of others. Workshops for patients or clients offer a forum where individuals can explore their illness experience, reflect on their journey, and tell their stories.

Workshop Description

The narrative medicine workshop provides participants the opportunity to discover the power of telling and listening to stories. Stories matter. Words matter. While we may communicate with body language, eye contact, and tone of voice, we ultimately expect that the stories we tell and the words we use to describe our experiences and feelings will be heard and understood. Through the workshop, participants develop the skills that allow them to better recognize, absorb, interpret, and act upon the words of others as they navigate the experience of illness or participate in the work of caring for those who are sick.



The workshop is a 60 or 90-minute session that consists of close reading and discussion of a text (poem, work of art, story excerpt, piece of music, or film clip); writing in response to a prompt; and the opportunity for participants to tell and to listen to stories — to recognize common and disparate perspectives — in a supportive environment. No expertise or prior experience is required to participate in a workshop.

To learn more about the Narrative Medicine program and/or to partner with us to host a workshop with your organization, contact our Director of Community Engagement, **Dr. Kairos Llobrera**, at usc narrativemedicine@usc.edu. Read more about our Community Engagement initiative [here](#).