



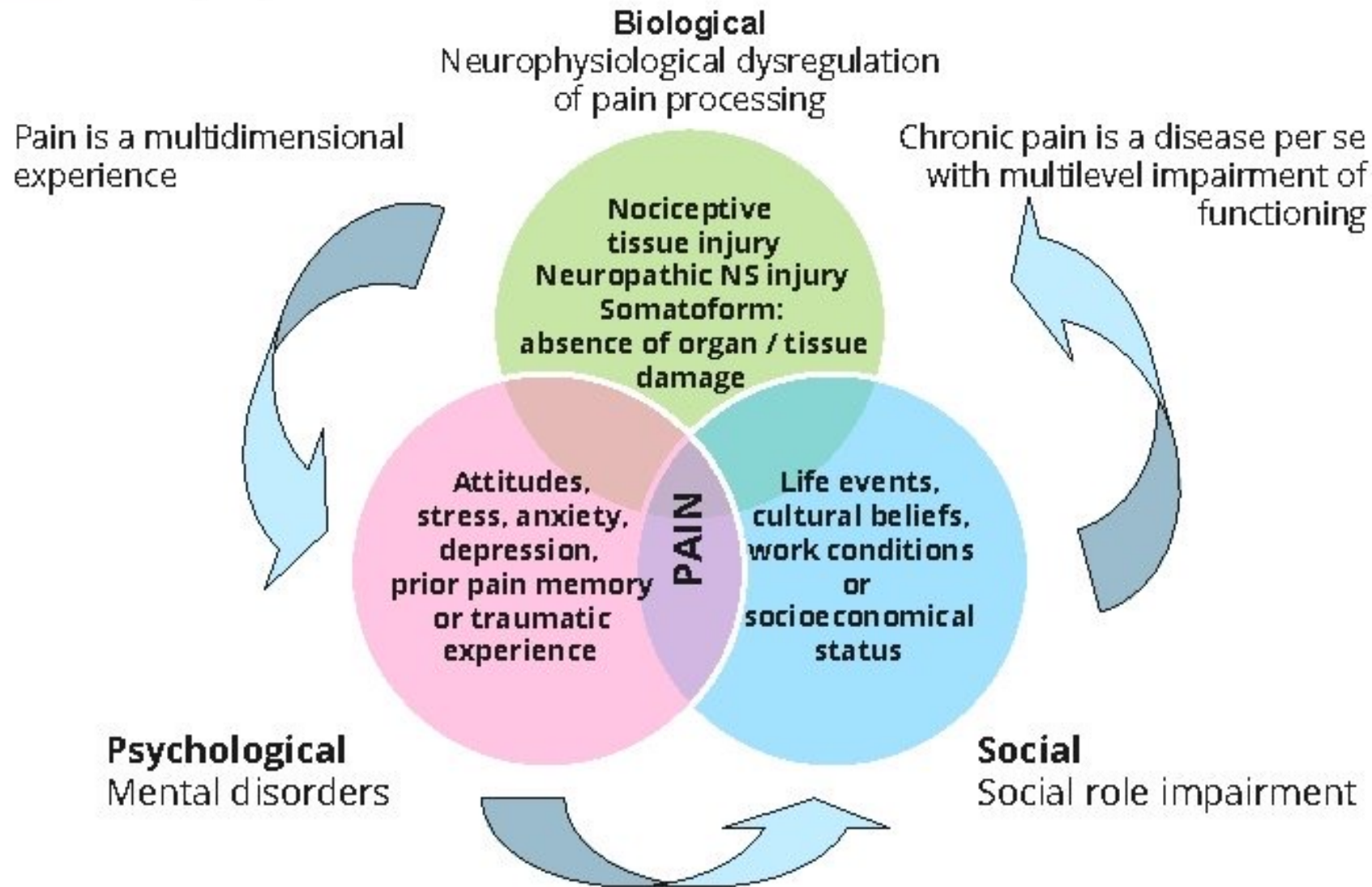
# Healing Reimagined

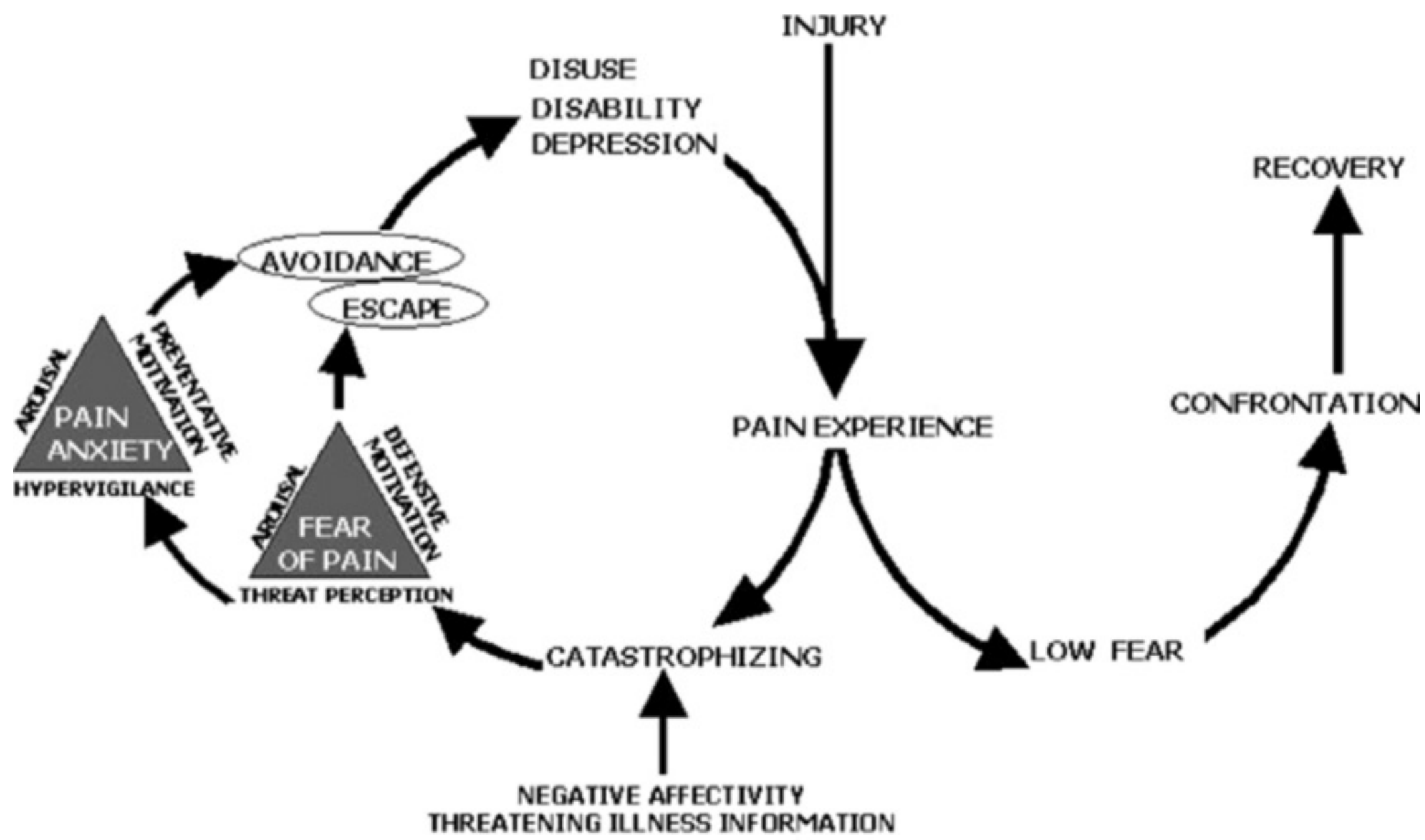
Michelle Goetz, DO FACOI  
Matt Porter, Palliative Chaplain



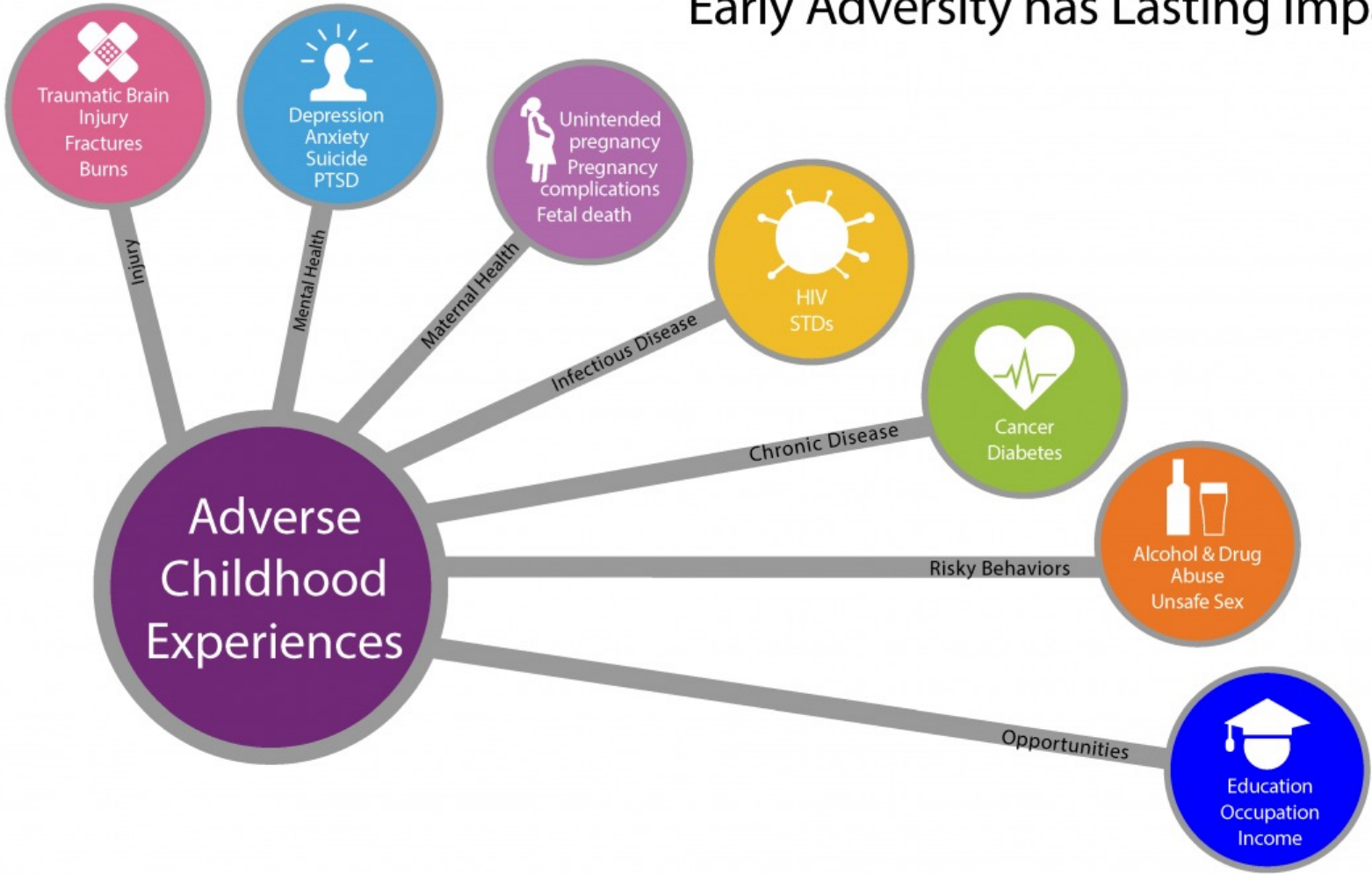
# Narrative Medicine An Invitation to Share

# Biopsychosocial Model of Pain





# Early Adversity has Lasting Impacts



FEAR NOT

OWN YOUR

LIFE

YOGA







# FOR CHEST

1. ROLL BLANKET
2. PUT IT UNDER BACK, HALFWAY UP THE BACK
3. ADJUST SO THE BLANKET IS IN LINE WITH SPINE
4. OPEN ARMS & RELAX

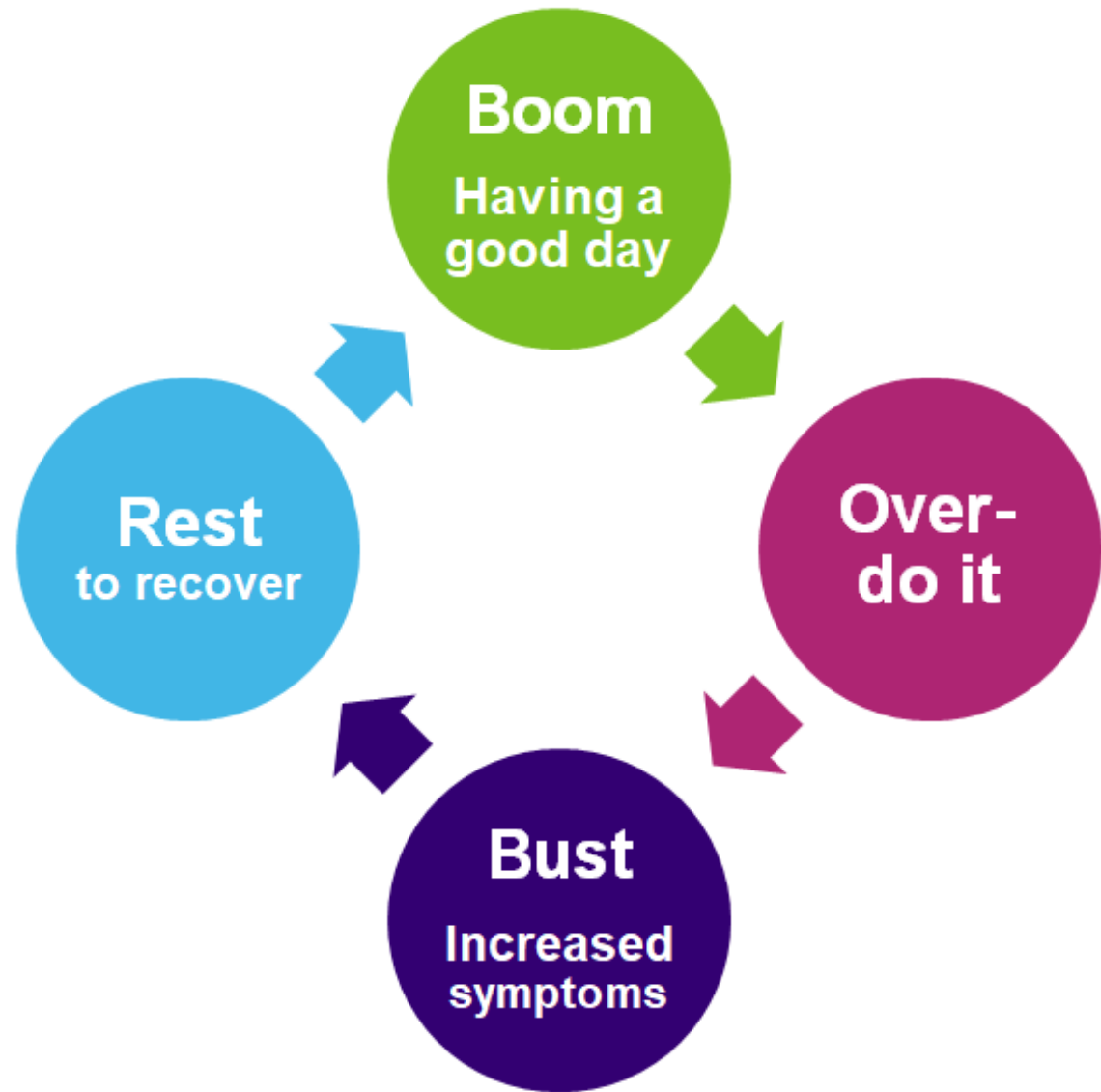








# Activity Rest Cycle



# Alternatives to 'I did nothing'

from @the\_peoplepleasing\_therapist

1. I rested
2. I chose not to make plans
3. I recovered from the week/day
4. I shortened my to-do list
5. I had a mental health day
6. I took a nap
7. I watched the show i love
8. I had a day with myself
9. I recuperated
10. I had some time out



An abstract painting featuring a central yellow circle surrounded by a green ring, all set against a purple background. The painting is framed by dark, textured borders on the left and right sides.

# Healing Reimagined Evaluation



15 minute Break



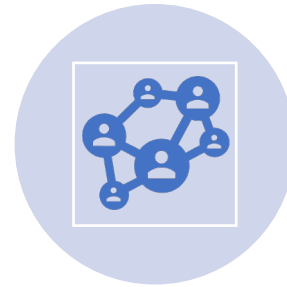
An abstract painting featuring a dense network of black, branching lines that resemble tree limbs or veins. The background is filled with large, expressive brushstrokes in vibrant colors: bright yellow, fiery orange, deep red, and a touch of purple. The overall composition is dynamic and energetic, with the text 'Creation & Play' centered over the middle of the artwork.

Creation & Play

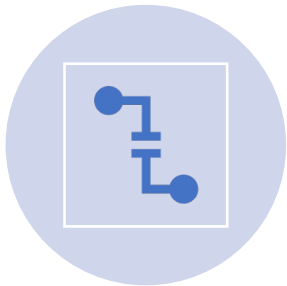
# Grace



How do you feel grace from the perspective of your spiritual beliefs?



How is grace shown toward others within your network?



How is grace felt from others within your network toward you?



How do you experience occurring toward yourself?



15 minute Break

A vibrant watercolor painting of a landscape. The background is filled with soft, blended washes of yellow, pink, purple, and green. In the center, a brown tree trunk with several branches reaches upwards. To the left of the tree is a large, dark blue, irregular shape. To the right, a thick, red, curved stroke arches across the scene. The overall style is expressive and artistic.

# Inner Muse & Critic Worksheets & Discussion

The background is an abstract composition of colors and textures. At the top, there is a curved band of bright orange. Below this, a large area of white is filled with thick, expressive black brushstrokes that create a sense of movement and depth. At the bottom, a solid, vibrant teal color provides a strong contrast to the white and black above. The overall effect is dynamic and artistic.

Strengths

Values





I'm

looking

for

COURAGE

...

Poetry Inspiration



## Matins

---

You want to know how I spend my time?  
I walk the front lawn, pretending  
to be weeding. You ought to know  
I'm never weeding, on my knees, pulling  
clumps of clover from the flower beds: in fact  
I'm looking for courage, for some evidence  
my life will change, though  
it takes forever, checking  
each clump for the symbolic  
leaf, and soon the summer is ending, already  
the leaves turning, always the sick trees  
going first, the dying turning  
brilliant yellow, while a few dark birds perform  
their curfew of music. You want to see my hands?  
As empty now as at the first note.  
Or was the point always  
to continue without a sign?

**Louise Gluck**



# WHAT IS POETRY?

## WILLIAM BLAKE

"Poetry, Fable, and Painting, and the arts of design, in general, are the productions of human Idols and derive their origin from our Imaginations." (from Blake's annotations to his poem "Milton")

## WORDSWORTH

"Poetry is the spontaneous overflow of powerful feelings; it takes its origin from emotion recollected in tranquility." (from Wordsworth's Preface to Lyrical Ballads)

## ROBERT BURNS

"The feeling and the poetry of life are so closely intertwined that we cannot separate the one from the other." (from Burns' letter to Dr. Moore, 1787)

## LORD BYRON

"Poetry should surprise by a fine excess and not by singularity." (from Byron's letter to Thomas Moore, 1818)

## COLERIDGE

"The best words in the best order." (from Coleridge's definition of poetry in his lecture notes)

## PERCY BYSSHE SHELLEY

"Poetry is the record of the best and happiest moments of the happiest and best minds." (from Shelley's "A Defence of Poetry")

## JOHN KEATS

"A thing which enters into one's soul, and does not startle it or amaze it that it shall be incapable of further surprises and increase of pleasure." (from Keats' letter to John Taylor and James Augustus Hessey, 1818)

## ROBERT SOUTHEY

"Poetry is an expression of the soul's feeling and reason harmoniously combined." (from Southey's "The Doctor")

Anatomy of Literature

ANATOMY OF LITERATURE

Literature for Life by Shahid



## AFFIRMATION POEM (Title)

Let the (noun) be (adjective).

Let the (noun) be (adjective).

Let every (noun) inside me find its (noun)  
and (verb) (adverb), (adverb) toward this world.

I have a story I have never told:

Once, when I was (adjective),

I looked up at the (noun) and saw the (noun)  
and knew I was a (noun) made of (noun).

I am still a (repeat green noun) made of (repeat yellow noun).

(poetry prompt by Joseph Fasano)

I CAN BE

strong  
independent  
grieving  
direct  
a leader  
understanding  
creative  
a listener

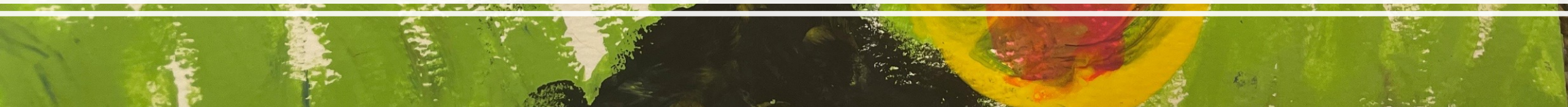
ALEX ELLE

AND STILL

be soft  
need support  
find joy  
be kind  
need guidance  
have boundaries  
need inspiration  
have a voice

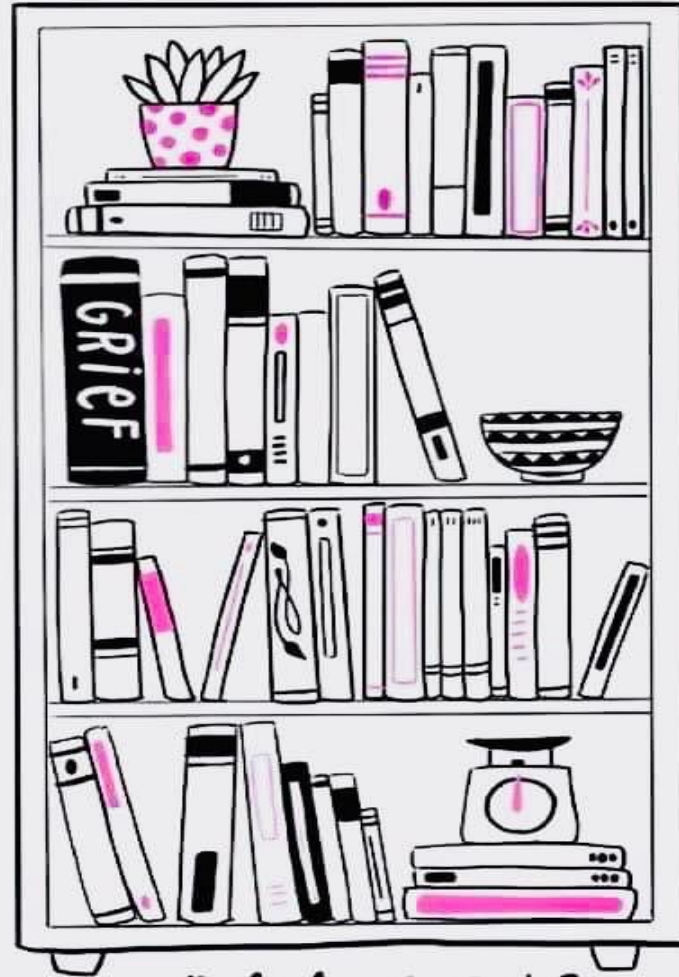
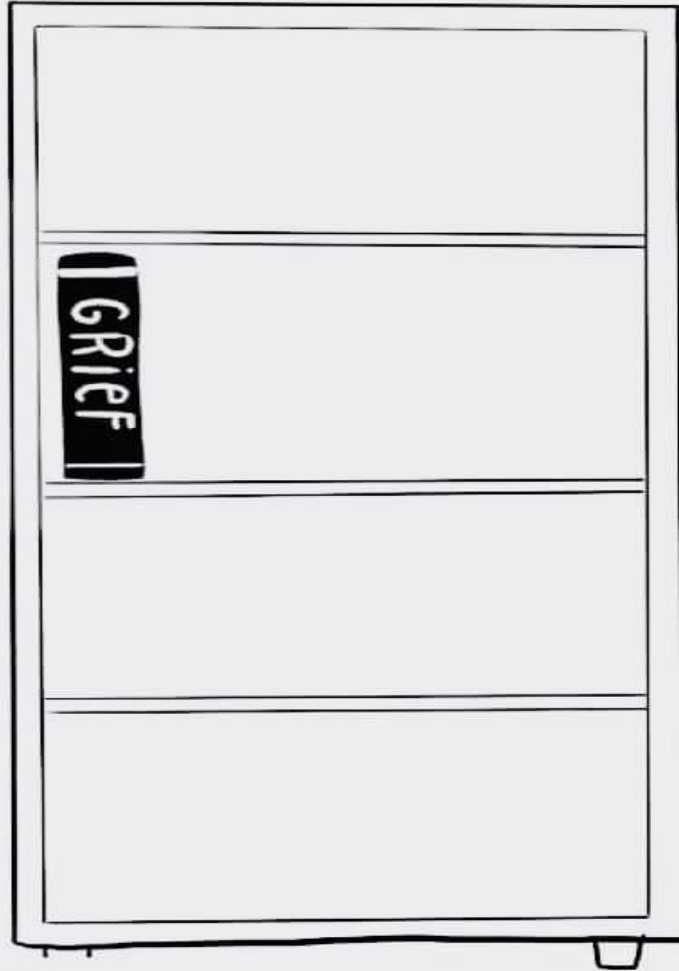


Lament & Grief



# THE EVOLUTION OF GRIEF

cherie altea



DAY 1.843



thejarofsalt

Crying does not indicate  
that you are weak. Since  
birth, it has always been  
a sign that you are alive.

- Charlotte Bronte

# Acceptance & Hope





# JUST BECAUSE...

# DOESN'T MEAN...

@iamhayleykaye

You're worried



It won't go well

You're unsure if you can



You can't

Things have been tough



They won't get better

You've been hurt



Good Things won't find you

Intrusive Thoughts feel real



They are true





*God*, Grant me the  
*Serenity*  
to Accept the Things  
I Cannot Change  
*Courage*  
to Change the Things  
I Can & the  
*Wisdom*  
to Know the Difference

@holisticallygrace  
*Shifting from*

SHAME

*to*

*Gratitude*

"I'M SORRY  
I CAN'T DO MORE"

"Thank you for  
understanding-  
I'm at capacity"

"I'M SORRY I'M  
SO SLOW"

"Thank you for  
being patient"

"I'M SORRY FOR  
BEING A BURDEN"

"Thank you for  
being supportive"

"I'M SORRY I GOT  
SO EMOTIONAL"

"Thank you for  
giving me a safe  
space to vent"

