



FONDAZIONE ISTITUD

Master in Applied Narrative Medicine

8th edition

In partnership with:



Coverpage: Tom Thayer, Considering Moons

Narrative Medicine is defined as “**what happens between the healthcare professional and the patient: from the collection of information about events before the disease, to how the disease displayed, with focus on psychological, social and ontological themes**” (Greenhalgh and Hurwitz, BMJ 1999). In this definition from the Centre for Humanities and Health of the King’s College of London, attention to the individual is given, to how she/he is living the disease or fragility condition and to better way to customize a long term care strategy together with the healthcare professional.

Narrative Medicine rises from the **daily clinical practice** of healthcare and social teams, based on **authentic narratives** from all the people involved in a illness experience – patients, their family members and caregivers, health care professionals, decision makers.

While Medical Humanities imply the artistic and humanistic heritage related to health and disease, Narrative Medicine focuses on current health care professionals’ contexts of care.

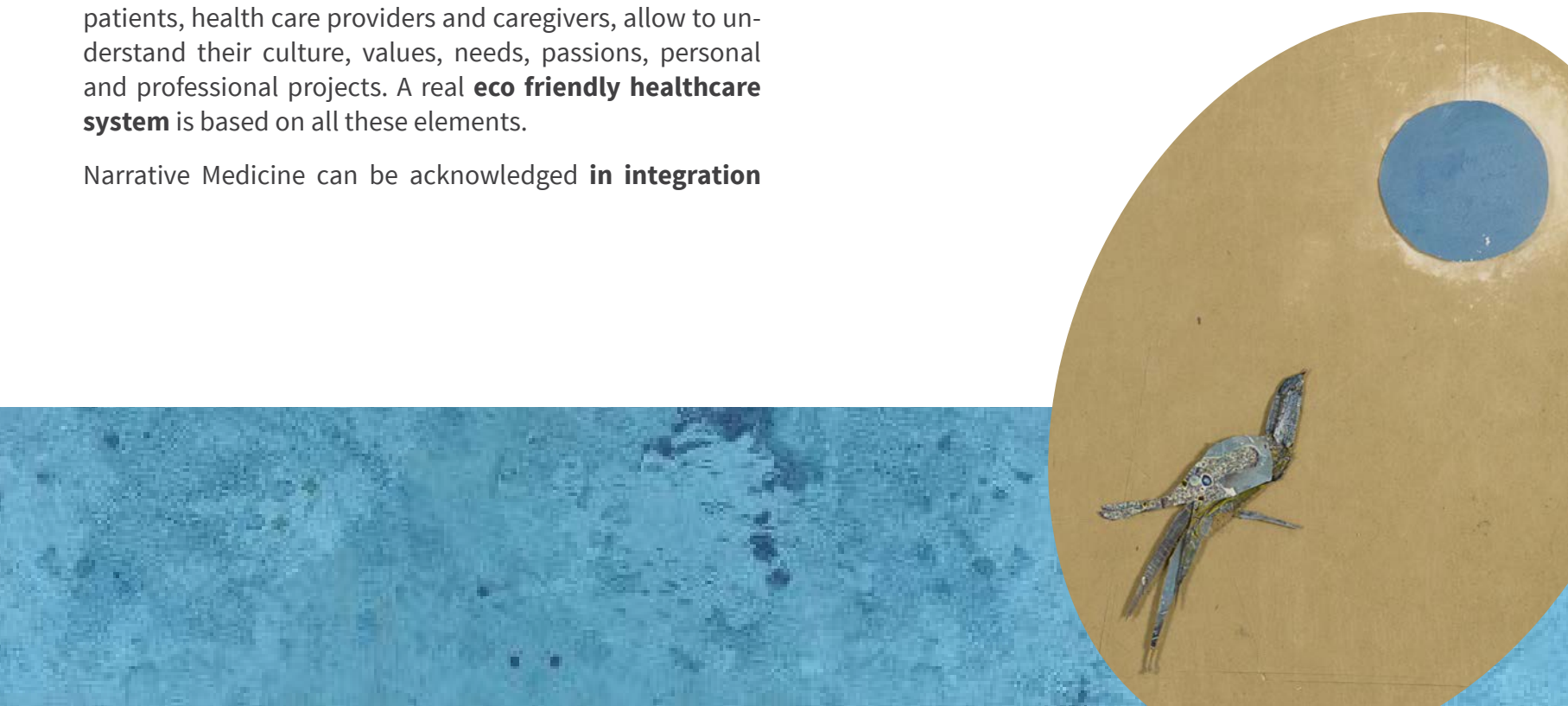
A more focused approach on the personal care is at the basis of Narrative Medicine: the analysis of narratives from patients, health care providers and caregivers, allow to understand their culture, values, needs, passions, personal and professional projects. A real **eco friendly healthcare system** is based on all these elements.

Narrative Medicine can be acknowledged **in integration**

with Evidence Based Medicine, and this is the reason why it is more and more legitimated among scientific societies, both at national and international level, as a possible tool to **reorganize the pathways of care and empower the relationships of care.**

The **World Healthcare Organization (WHO)** published in September 2016 a paper for the application of narrative methods, addressed to all the national healthcare systems: “**Cultural context of health: the use of narrative research in the health sector**”. In the document, methods of narrative research are recommended in the healthcare sector, in integration with other quantitative standardized instruments.

The narrative methodology is a competence, but the Narrative Medicine tools must be learned in a structured and scientific way, so thus to apply to real experiences of care a rigorous method, able to value and reorganize the services of care.



Why the Master in Applied Narrative Medicine of Fondazione ISTUD?

Narrative Medicine provides **relational and organizational competences**, which contribute to improve the daily practice and strengthen the curriculum vitae, providing concrete tools for a care approach based on **authentic listening** to patients, their caregivers, health care professionals.

The Master in Applied Narrative Medicine of Fondazione ISTUD is a learning path with the aim to educate in a structured, applicative and scientific way the providers of care, in using narratives in their contexts.

With an **expert faculty, representative of the best international and Italian centres for the application of Narrative Medicine**, selected for their independent, innovative and recognized contributes, the Master in Applied Narrative Medicine allows to:

- Improve the competence in **listening to** people in care, their caregivers and teams of care
- Understand how to move from the “patient with a disease” to “**the person who lives with a disease**”, considering biological, psychological, social environments and spiritual context
- Improve the **relational and organizational skills** in contexts of care
- Learn useful **tools** to be integrated in the clinical practice
- Learn the **narrative research**
- Build a better **working climate** among teams of care
- Rediscover each own **professional meaning and motivation, to prevent the burn out syndrome**
- Contribute to make a **more sustainable healthcare system** throughout the encounter between patients and medical care needs

“The Master in Applied Narrative Medicine of Fondazione ISTUD is one of the best training program on Narrative Medicine in Italy” - Stefania Polvani, sociologist at the Public Healthcare Facility of Florence, president of SIMeN (Italian Society of Narrative Medicine) and part of the scientific coordination at the OMNI (Italian Observatory of Narrative Medicine).

Characteristics of the Master

- **PRAGMATIC**, based on narratives from the daily clinical practice
- **APPLICATIVE** allowing to carry on a project work applied in the own care setting, with an expert methodological support
- **INTERNATIONAL**, with direct testimonies from European and extra-European Narrative Medicine experts, and with classrooms composed by national and international participants
- **MULTIDISCIPLINARY**, since through the integration of experiences, it is possible to create a real community of health care professionals able to disseminate the narrative approach

The Master is addressed to:

Physicians, nurses, social-healthcare operators, psychologists, counselors, members of patient's associations, professionals from health care companies, healthcare trainers, philosophers, anthropologists, journalists and other experts in communication, decision makers.

Master's Structure: 3 module

■ Assessment by telephone or on-line

1st Module: Narrative Medicine, a new paradigm to generate well-being

7-8-9th March 2019, Milan – from 15:00 of Thursday, Friday all day long, till 16:00 of Saturday

- Narrative Medicine: state of the art and definitions. The integrations with Medical Humanities. **Maria Giulia Marini**
- Narrative Research methods and their application. **Maria Giulia Marini**
- Narrative Medicine's tools and examples of applications. **Paola Chesi**
- Evolution of the care processes. Narratives for health care Professionals and organisations. **Delia Duccoli**
- Decision making in healthcare: vulnerability and responsibility. **Susana Magalhaes**
- Coping strategies through Narrative Medicine. The role of empathy and “intelligent kindness”. **Maria Giulia Marini**
- Testimony: Narrative Medicine in an Intensive Care Unit and for chronic pain. **Elena Vavassori**
- Discussions based on a proposed “Disease centered movie” (Thursday evening). **Carol Ann Farkas**
- Working groups and individual exercises of reflective writing. **All the participants**

■ At distance tutorship in the realisation of a Project Work



Maria Giulia Marini

Innovation Director of Health Care Area of Fondazione ISTUD, Milan



Paola Chesi

Expert in interpretative models of stories, Fondazione ISTUD, Milan



Delia Duccoli

Psychologist and expert teacher on care relationships issue, Fondazione ISTUD



Susana Magalhaes

Professor and researcher at Institute of Bioethics at the Portuguese Catholic University



Elena Vavassori

Anesthetist, Fondazione Poliambulanza, Brescia



Carol Ann Farkas

Professor of Medical Humanities at Massachusetts College of Pharmacy and Health Sciences Boston, USA

2nd Module: Narrative Medicine as a catalyst to generate sustainability

9-10-11th May 2019, Milan – from 15:00 of Thursday, Friday all day long, till 16:00 of Saturday

- Analysis of the language to interpret relationships of care and illness stories. Linguistic and relational questions. **Maria Giulia Marini**
- Analysis of the stories and of the verbal, un-verbal and symbolic text. Narrative classifications. **Paola Chesi**
- Narrative Medicine to create sustainability toward appropriate cares: benefits from narratives in the healthcare process. Evaluation of the Burden of Illness and the Patient's Journey. **Luigi Reale**
- The use of software to analyse stories: Nvivo program. **Luigi Reale**
- Conversations inviting change: narrative competences in the clinical practice. **John Launer**
- Testimony: Narrative Medicine for caregivers, applied in oncological care. **Caterina Degiorgi**
- Discussions based on a proposed “Disease centered movie” (Thursday evening). **Carol Ann Farkas**
- Working groups and Individual exercises of analysis of stories. **All participants**

■ At distance tutorship in the realisation of a Project Work



Maria Giulia Marini

Innovation Director of Health Care Area of Fondazione ISTUD, Milan



Luigi Reale

Director of Health Care Area of Fondazione ISTUD, Milan



John Launer

Associate Dean for Faculty Development for Health Education England



Paola Chesi

Expert in interpretative models of stories, Fondazione ISTUD, Milan



Carol Ann Farkas

Professor of Medical Humanities at Massachusetts College of Pharmacy and Health Sciences Boston, USA



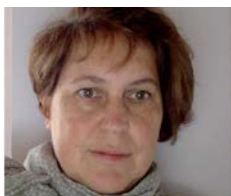
Caterina Degiorgi

Nurse specialized in palliative care, ASL Novara

3rd Module: Building a network for the diffusion of Narrative Medicine

4-5-6th July 2019, Milan – from 15:00 of Thursday, Friday all day long, till 16:00 of Saturday

- The use of the results from narratives in Healthcare and into daily clinical practice. How to publish Narrative Based Medicine in an evidence based world. **Manuella Walker**
- The hidden stigma of diseases. **Neil Vickers**
- Discussions based on a proposed “Disease centered movie” (Thursday evening). **Carol Ann Farkas**
- Sharing of the project works’ results: what we have learned and how to value the results. **All the participants**



Manuella Walker

Medical writer,
Pencil&Papers



Neil Vickers

Professor of English
Literature and the
Health Humanities,
King's College
London



Carol Ann Farkas

Professor of Medical
Humanities at
Massachusetts
College of Pharmacy
and Health Sciences
Boston, USA



Maria Giulia Marini

Innovation Director
of Health Care
Area of Fondazione
ISTUD, Milan



Paola Chesi

Expert in
interpretative
models of stories,
Fondazione ISTUD,
Milan

All the single modules will be accredited according to the Continuous Medical Education system by the Italian Ministry of Health for all health care professions.

At the end of the Master a **diploma** will be released. All participants will belong to the website community. Participants can also choose to enroll themselves only to a single module, but without obtaining the diploma.

All participants will be also registered to www.medicinanarrativa.eu, a web site which is a living library for narrative medicine, constantly updated with materials, articles and initiatives.



More and more testimonies from health care professionals who apply Narrative Medicine state how the narrative approach changed their clinical practice, improving the relationships of care with patients and colleagues.

This is the reason why the Master in Applied Narrative Medicine is addressed to health care professionals to supply tools not only to improve the ordinary clinical practice, but also to live better their own profession. Beyond this, the Master intends to contribute to the building of the increasing national and international network on Narrative Medicine.

The ISTUD's challenge of continue innovation, is shown in the below comments to the book "The languages of care" (Maria Giulia Marini, 2018, Springer), which summarize the believes and activities of the Health Care Area:

"This book brings a refreshing new lens to the time-honoured topic of narrative in medicine and healthcare. Medicine has always valued and needed the humanities. Now more than ever, healthcare professionals and academics need to understand and value their patients' stories - and also use stories in self-reflection"

Trisha Greenhalgh, Professor in Primary Care Health Sciences and Fellow, Green Templeton College, Oxford

"Narrative medicine has moved on from its early years and has now become a diverse international field, offering new perspectives on patients, health professionals and medical practice. In 'Languages of Care', Maria Giulia Marini weaves together a review of narrative methodologies with linguistics, cultural studies, medical humanities, neuroscience and an understanding of the health ecosystem to offer us a fascinating tapestry of ideas about how to transform our approach to care. Written with passion, this is a highly original contribution to the field"

John Launer, Associate Dean for Faculty Development for Health Education England

People who participated to the Master in Applied Narrative Medicine say:

“Sharing experiences through narrative is the most human of interactions. Reading, writing, telling, listening: this is the relational process through which we feel for and with one another. Health professionals’ ability to care for patients, families, and one another can only be enhanced through the mindful cultivation of storytelling in the clinical setting!”

Carol Ann Farkas, Associate Professor of English, Director of Writing Programs at School of Arts and Sciences, MCPHS University, Boston

“It was great having had the opportunity to witness the friendly atmosphere and the lively and stimulating debates during the MA sessions at ISTUD. Being able to collaborate was a privilege from which I learned a lot and which strengthened my belief in the great benefits of the Narrative Medicine model for healthcare professionals, for patients and for those responsible for healthcare institutions. I am sure such initiatives will contribute to a much needed change in health care scenarios”

Isabel Fernandes, Scientific Coordinator of the Narrative & Medicine Project, University of Lisbon

“I am enthusiastic. The limited number of the participants is ideal for a concrete exchange. Each voices can be listened to”

Nurse, participant to the seventh edition of the Master in Applied Narrative Medicine

“A positive and gratifying experience. A new world is open in front of me”

Family doctor, participant to the sixth edition of the Master in Applied Narrative Medicine

“When I entered for the first time in the classroom, I had the perception to be in a temple of culture, where listening to, welcoming, empathy, kindness and passion are the key words to know the essence of Narrative Medicine: the person”

Psychologist, participant to the seventh edition of the Master in Applied Narrative Medicine

“At the professional level, I can say that the Master of ISTUD was very useful, with a precise organization and up to the expectations. Although I was already interested in Narrative Medicine for some years, the course gave me a more systematic vision on this topic, always in evolution. More, I could acquire new knowledge useful to improve the application in my clinical practice and find the important elements to carry on my researches. At the human level, it was an engaging experience, a source of many reflections and energy to preserve for my personal recharge

Neurologist, participant to the sixth edition of the Master in Applied Narrative Medicine.



The languages of care. Between art and medicine: tools to communicate and achieve wellbeing from other languages of care

Milan, 14-15-16th November 2019

Art and medicine have always been strongly connected in representing an integrated to the person's value and culture concept of healthcare. This bridge has been more and more used by Health Humanities to train, integrate and structure the healthcare professional's curriculum, throughout the development of competences such as empathy, critical thinking, listening to, deep comprehension, as mean to maintain the wellbeing.

But art can also allow an **aesthetic experience**, which is perceived from the whole body, with positive effects on the sensorial system and on the world around; the use of colours, spaces, body, sounds and music, visual arts, all these elements can be strictly related to the systems of care. Several articles demonstrate the positive evidences from the application of these languages of care, in different contexts: pediatrics, centres for Alzheimer, residences, hospice. In Montreal, Canada, physicians now can prescribe free visits at museum for patients in various conditions, from diabetes or other chronic diseases, to depression.

Promoting wellbeing through art, allow to express emotions and reduce the suffering; it can help not only who lives a disease, but also providers of care, as a tool to prevent burn out.

The course "***The languages of care. Between art and medicine: tools to communicate and achieve wellbeing from other languages of care***" aims to supply health care professionals further helping tools to use the various languages of care, obtaining advantages for themselves and for people in care.

Objective of the seminar

Strengthening knowledge on:

- How to recognize the own and the patients' **emotions**, to manage anger, aggression, fear, anguish, and recognize trust, interest and optimism
- How to use painting, **visual arts** and cinema for therapeutic purposes and to distract from suffering
- How to personalize the benefits from **music**
- Knowing which are the good healthy **spaces** for people.

Contents and faculty of the seminar

The faculty is composed of experts in the use of the following languages applied to care:

- Body, words, sounds and neuroscience. **Maria Giulia Marini, Innovating Director, Area Sanità e Salute di Fondazione ISTUD**
- Art, colours and emotions. **Rita Mangano, painter and art therapist, Milan**
- Sculpture in orthopedics. **Samantha Gallivan, orthopedic, Winston Churchill Memorial Trust, UK**
- Games for creativity action in educational programs: expanding the skills of future doctors. **Day Giskin, Imperial College London**
- The smiling therapy. **Dottor Sorriso ONLUS**
- Music to be fine: everyone has the own music. **Fondazione ISTUD**

The seminar is addressed to

the health care providers willing to approach other languages of care: physicians, nurses, social-healthcare operators, psychologists, counselors, members of patient's associations, professionals from health care companies, healthcare trainers, philosophers, anthropologists, journalists and other experts in communication, decision makers.



Costs:

Master in Applied Narrative Medicine

Cost of the whole master (three modules): 1.900 euro + VAT.

Cost for a single module: 900 Euro + VAT

The cost includes:

- 125 hours of training, divided among 65 hours of in presence lesson in Milan, 50 hours for the realization of a project work and 10 hours for at distance tutorship
- Textbooks and further material
- E-learning platform
- Optional activity of vision of a film with final discussion with an expert lecturer (every Thursday evening)

The payment is divided into two instalments:

1.000 Euro + VAT at the subscription, the remaining amount within 31/05/2019

Seminar “The languages of care. Between art and medicine: tools to communicate and achieve wellbeing from other languages of care”

Cost for the combination Master in Applied Narrative Medicine + Seminar “The languages of care. Between art and medicine: tools to communicate and achieve wellbeing from other languages of care”: 2.400 euro + VAT.

Cost for the singular seminar “The languages of care. Between art and medicine: tools to communicate and achieve wellbeing from other languages of care”: 700 euro + VAT.

For subscription within 29/03/2019: 600 euro + VAT.

The amount will be paid at the subscription.

Location of the courses:

Milan, Via Vittor Pisani, 28 (in front of the Central Station).
Place: ASAP Hub

Fondazione ISTUD

The Healthcare Area of Fondazione ISTUD is a research and training centre which conceives, designs and implements activities of reorganization of the diagnostic and therapeutic care and rehabilitation and organizational research and training for the development of health care professionals and organizations. It is one of the Italian and international reference models for the diffusion and application of the Narrative Medicine Approach, reviser of the WHO's document on narrative research and member of the Italian Society on Narrative Medicine.

Fondazione ISTUD is accredited as a "private research institute" by the Ministry of Education and University (MIUR), ECM (Continuing Medical Education) provider by the Ministry of Health.

ENROLMENT FORM

Please, fill in the following form. For further information, areasanita@istud.it +39 0323933801

Name ----- Surname -----

Professional role -----

Centre of reference -----

Address ----- City ----- Post code -----

Telephone ----- Fax -----

E-mail -----

Administrative data

Address (only if different from the previous address) -----

Fiscal code -----

VAT Code -----

Enrolment for:

Master in Applied Narrative Medicine: 1900 euro + VAT (payment in two rates).

Master in Applied Narrative Medicine + Seminar “The languages of care”: 2400 euro + VAT (payment in two rates).

First Module: 900 Euro + IVA

Second module: 900 Euro + IVA

Third module: 900 Euro + IVA

Seminar “The languages of care. Between art and medicine: tools to communicate and achieve wellbeing from other languages of care”: 700 euro + VAT **For subscription within 29/03/2019 the cost is 600 euro + VAT.** Payment at the moment of subscription.

Payment: Bank transfer for Fondazione ISTUD per la cultura d’impresa e di gestione c/o BANCA PROSSIMA - Piazza Paolo Ferrari, 10 20121 MILANO - CODICE IBAN: IT30 D033 5901 6001 0000 0145 924 SWIFT/BIC: BCITITMX

In case of cancellation of the participation: the already paid amount can be refunded only when the communication of cancellation comes to Fondazione ISTUD at least 20 days before the course. The already paid amount can be 50% refunded when the communication of cancellation comes to Fondazione ISTUD between 19 and 10 days before the beginning of the course. In case of later or lack of communication of cancellation, the already paid amount cannot be refunded. The restitution of the amount will be through bank transfer.

Fondazione ISTUD can cancel the course through fax or email communication to the participants within 5 working days earlier the beginning of the course. In this case, the already paid amount will be totally refunded.

Fondazione ISTUD can substitute the faculty - guaranteeing the same qualitative standard - in case of not predictable situations, such as lecturers’ disease or unavailability, strikes, events of emergency or natural disaster.

The present form must be filled in, signed and sent to one of the following addresses:

Email areasanita@istud.it

Fax +39 0323-933805

Mail: Fondazione ISTUD per la cultura d'impresa e di gestione - Strada Nazionale del Sempione Oltrefiume, 25 28831 Baveno (VB)

I have read the information on Privacy.

* By typing my name below I certify that I have read and understood the policy statements above and that all information and accompanying material provided in connection with this application are authentic and accurate.

*Applicant Name:

Signature of authorised person

Information on Privacy

Fondazione ISTUD is committed to protecting and respecting your privacy. With this Privacy Notice we want to tell you how we may use your personal data and how we protect them, according to the General Data Protection Regulation (Regulation (EU) 2016/679) (GDPR) and the Italian Legislative Decree 196/2003.

A. Data Controller

Fondazione ISTUD, Sede legale: Via Pietro Giannone, 9 - 20154 Milano; Direzione, Amministrazione, Centro didattico: Strada Nazionale del Sempione Oltrefiume n. 25 – 28831 Baveno (Vb); Sede operativa: Via Vittor Pisani, 28 – Milano (Mi). E-mail contact for GDPR issues: responsabileprivacy@istud.it.

B. Purposes of personal data uses and legal basis

We may use your personal data without your consent, for the following purposes based on the legal grounds set forth hereunder:

Legal and Contractual purposes

- a. art. 6 para 1.b GDPR: data processing which are necessary for the performance of the contract to which you are party or in order to take steps at your request prior to entering into the contract, e.g.: communications from our secretariat or administration offices; selection procedure, when provided in the Course admission regulation; provision of the services required; management of claims and litigation; etc.
- b. art. 6 para 1.c GDPR: data processing which are necessary to comply with any legal obligations to which we are subject, e.g.: tax obligations;
- c. art. 6 para 1.f GDPR: data processing based on our legitimate interests to manage and control our organization and business, which not override your interests or fundamental rights and freedoms. This includes e.g. the use and retention of your data for internal planning, accounting, audits, statistical processing, etc.;
- d. art. 6 para 1.b GDPR: to draw up your psychological profile through aptitude tests and interviews, in order to evaluate your eligibility to the Course, only when this is expressly provided in the Course admission regulation. Your psychological profile will be drawn up and processed by authorised subjects;
- e. some Courses should require the completion of questionnaires managed on an anonymous basis by authorized subjects; data collected through that questionnaires are nameless and they not allow the identification of the person who compiles a specific questionnaire. These data are excluded from the application of the Regulation GDPR.

Your refusal to provide to us your data for the purposes from 1.a to 1.e above will make it impossible to conclude the contract or provide the services requested by you.

C. Retention period of your personal data

Fondazione ISTUD will retain your psychological profile with the only purpose of managing any claims; it will be erased from our archives and destroyed only after your written request. Any other personal data will be retained by Fondazione ISTUD to the extent necessary and sufficient for the accomplishment of all contractual and legal obligations, to inform you about our initiatives and to proceed with the additional treatments authorized by you.

D. Recipients or categories of recipients of your personal data

Fondazione ISTUD may share or communicate your data internally and with third parties where necessary for purposes of the processing outlined in this Privacy Notice. Fondazione ISTUD may share or communicate your data with the following subjects:

- Public Authorities according to relevant laws;
- Our employees of commercial, marketing, administration & finance, secretariat offices;
- Members of our Faculty and other external service providers and parties that are necessary for the provision of the service;
- External service providers in charge of specific activities which are necessary to us to comply with legal obligations to which we are subject or to pursue our legitimate interests to manage and control our organization and business. They includes: banks, accountants, lawyers, ICT service providers, debt collection agencies, auditors, other experts and consultants;

E. Your data protection rights

Under GDPR, you have rights we need to make you aware of. The rights available to you depend on our reason for processing your information.

- Your right to withdraw your consent at any time (art. 7, para 3 GDPR). The withdrawal of consent shall not affect the lawfulness of processing based on consent before the withdrawal.
- Your right of access (art. 15 GDPR). You have the right to obtain from us confirmation as to whether or not personal data concerning you are being processed, and, where that is the case, access your personal data and ask to us a copy of your personal data.
- Your right to rectification (art. 16 GDPR). You have the right to ask us to rectify information you think is inaccurate. You also have the right to ask us to complete information you think is incomplete.
- Your right to erasure (art. 17 GDPR). You have the right to ask us to erase your personal information in certain circumstances (“right to be forgotten”).
- Your right to restriction of processing (art. 18 GDPR). You have the right to ask us to restrict the processing of your information in certain circumstances.
- Your right to data portability (art. 20 GDPR). This only applies to information you have given us. You have the right to ask that we transfer the information you gave us from one organisation to another, or give it to you. The right only applies if we are processing information based on your consent or under, or in talks about entering into a contract and the processing is automated.
- Your right to object to processing (art. 21 GDPR). You have the right to object to processing if we are able to process your information because the process forms part of our public tasks, or is in our legitimate interests.
- Your right to not be subject to a decision based solely on automated processing, including profiling, in certain circumstances (art. 22 GDPR).
- Your right to know the the recipients or categories of recipients of the personal data, if any (art. 13.1.e) GDPR).

If you wish to execute any of these rights, please contact us by email: responsabileprivacy@istud.it or by standard mail: Strada Nazionale del Sempione Oltrefiume n. 25 – 28831 Baveno (VB).

You may also request additional information about: the purpose of the processing; the categories of personal data concerned; who else outside Fondazione ISTUD might have received the data from us; what the source of the information was; and how long it will be stored.

Finally, you have the right to lodge a complaint with a supervisory authority and the right to brigde if you think that the processing of your personal data is not compliant with the relevant laws. The website of the Italian supervisor authority “Garante per la Privacy” is www.garanteprivacy.it.



For information

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