

**H**umanistic  
**E**lective in  
**A**ctivism,  
**R**eflective  
**T**ransformation &  
  
**I**ntegrative  
**M**edicine



**American Medical Student  
Association**

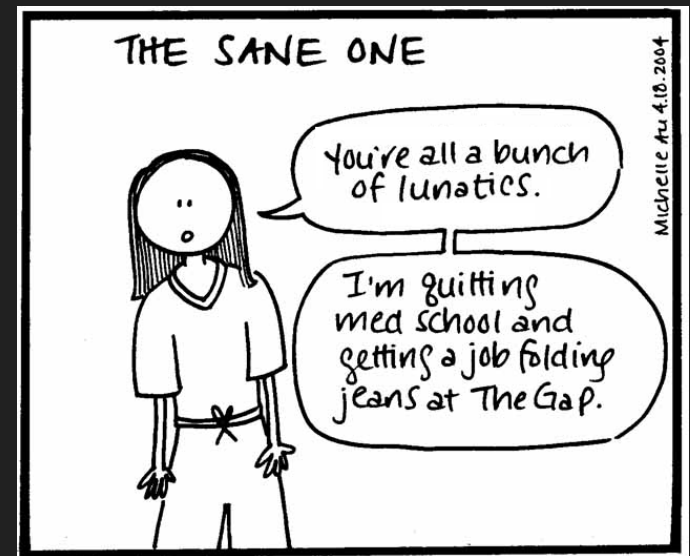
“We must be the change we seek...”

— Mahatma Gandhi —

# Background:

## “Vanquishing Virtue”

- Med Student Training:
  - Explicit values
    - EBM, scientific learning, “professionalism”
  - Tacit values
    - The “hidden curriculum”
- The Response:
  - Conflating values
  - Deflating values
  - Maintaining values – “immunization”



# Background, continued...

- The need for a broader curriculum:
  - Broader approach (i.e. bio-psycho-social-spiritual)
  - Communication skills
  - Medical ethics
  - Social issues in medicine
  - Humanities
- Complementing the current clinical curriculum
- Must extend into the clinical years!



# HEART-IM – History

- 2002-2004: “LIGHT”

- Polly Dellavit (Duke) & Wayne Jonas (NCCAM)

- Large start-up grant

- 2004-present: “HEART”

- Became a student-run elective (5 planners each year)

- \$5,000/year from AMSA; tuition; private donations



# HEART components...

- Humanism in medicine
- Activism/social justice
- Integrative medicine
- Reflective transformation



# Humanism in Medicine

- Narrative medicine
- Deep listening
- “The Healer’s Path”
- Creative expression
- Transpersonal healing



# Activism / Social Justice

- Social justice
- Poverty medicine
- Racism, sexism
- Cultural humility



# Activism, continued...

- Green medicine
- Global health
- Health care policy
- Community service



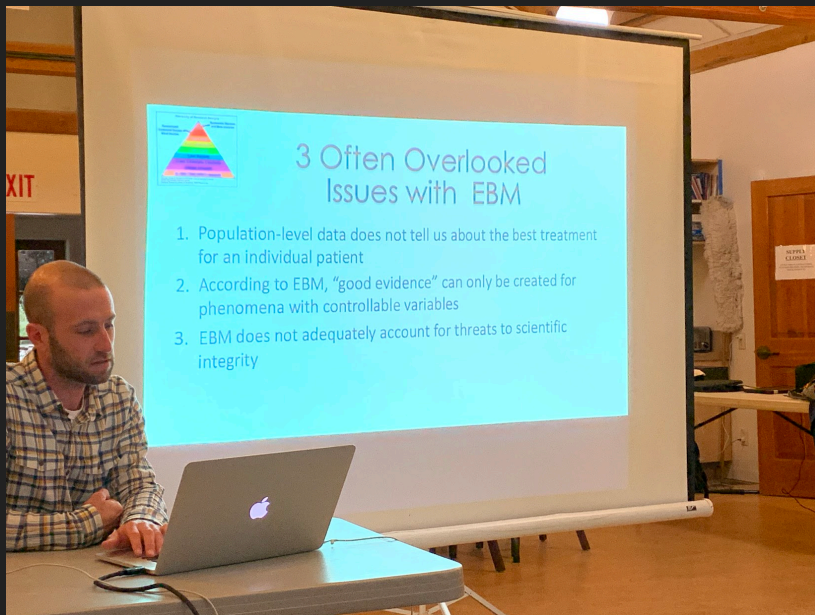


# Integrative Medicine (IM)

- Evidence-based IM
- Power of placebo
- Ideal medical practice design
- “IM modalities” ...



# IM...



## WHEEL OF HEALTH



 **Duke** Integrative Medicine

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# Reflective Transformation

- Large group activities
- Small groups
- Personal reflection



# Other Topics

- Intentional community
  - Communal values
  - Shared responsibility
  - Shared meal preparation
- Communication training
  - Interpersonal: nonviolent communication
  - Group: consensus training





# Typical Day

7-8am: wake up, optional activity (run, yoga, etc)

8-9am: breakfast

9-12am: Session #1

12-1pm: Lunch

1-2pm: Rest hour

2-5pm: Session #2

5-6pm: hiking, meditation, other optional activities

6-7pm: dinner

7-9pm: Activities, games, sharing circle, campfire



# HEART – Summary

- A booster shot for residency
- A more holistic approach to medicine
- Transforming healthcare
- Training future leaders
- Communication
- Community
- *And so much more!!*



# Cati Crawford, HEARTie 2019

“My favorite part of HEART-IM was living with 17 other people who I felt so unconditionally loved by, and loved unconditionally in return. Now I realize how much I took for granted living with all of them. It’s like every time I’m bored or I want to share something, I turn around looking for them. And it’s sad to realize we won’t all live together again. So now I can take what I learned from that community and try and create something as special in every community I’m part of going forward.”



“I completely underestimated the impact this would have on me...This will give me so much strength during residency and renewed my spirit and faith in healing.”



“I was not previously an activist, but I now feel and know the passion, energy, and means to become an activist.”

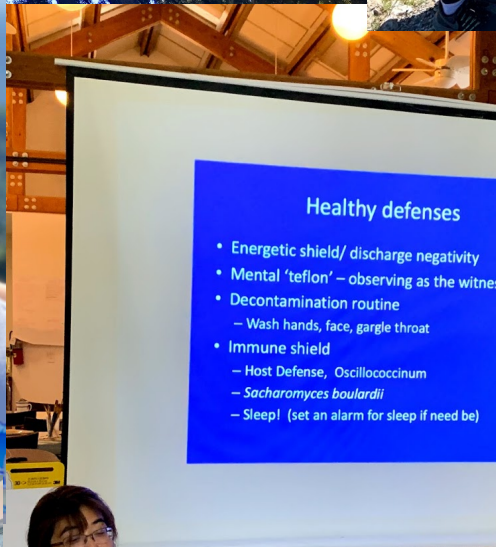
“I learned how a healthy community feels.”

“I can be a healer, not just a doctor.”

“It encouraged me to rediscover the activist within.”

“HEART reminded me why I went into medicine to begin with.”







Thank you for teaching me to trust myself  
Thank you for holding me up when my legs collapsed  
Thank you for giving me permission to feel  
    permission to cry  
    permission to sleep  
Thank you for making it safe for me to be human  
    to be me!  
Thank you for granting me the freedom to be!  
    to laugh, to cry, to dance, to fart, to hang up my make up and  
    fancy cloths...  
Thank you for shaking me loose from control  
    for helping me go with the flow  
Thank you for freeing me from my own shackles...  
    freeing me from self-criticism  
    of self consciousness  
Thank you for helping me to open my heart to people and feelings  
    that I may have over looked without guidance  
  
Thank you for seeing me naked inside and out  
Thank you for loving the imperfect perfect me!

-- Danielle Roberts, HEART 2008 --

# Michelle Dossett:

HEART gave me the opportunity to reconnect with why I went into medicine and my highest aspirations for my career in medicine. It renewed my faith in the future of medicine by connecting with a community of wonderful people with similar goals and values. HEART provided me with time and an environment conducive to reflecting on and processing through the experiences of my last two years of medical school and to contemplate and decide what I want to make a priority as I enter internship/residency. It provided me with tools to help me through the next stage of training and reminded me of little-used tools that I already have. HEART allowed me to connect with my healer within and discover how I can use that presence for both my own well-being and to facilitate healing for my patients.