

28th Annual Education Day – The Healing Arts of HPC
Exploring the Art of Practice and the Practice of Arts in Hospice Palliative Care
Centurion Conference and Event Centre, 170 Colonnade Rd. South Ottawa, ON K2E 7J5

Time	Activity	Presenter
8:00 - 8:45	Registration	Welcome and Refreshments
8:45 - 9:00	Welcome	Opening Remarks
9:00 - 10:30	Keynote Address	Jeremie Saunders Actor, teacher, activist, co-founder of Sickboy podcast.
10:30- 10:45	Break	
10:45 – 12:15	<p style="text-align: center;">Morning Workshop Series – Choose one workshop.</p> <p>New Stories: How can Narrative Medicine deepen communication between patients and practitioners? This session opens with observation of a visual art piece using the techniques of Visual Thinking Strategies (VTS). Concepts in Narrative Medicine will then be explored. They will be practiced in the reading of a short piece of literature and the creation of a reflective text inspired by that reading. Participants will gain first-hand experience in the process of Narrative Medicine and its use within clinical practice. Leonard Bloom, MD, & Lynn Bloom, MSW, RSW</p> <p>Companioning - Listening and Learning at End of Life: Journey through the development, use and evaluation “Life Through my Eyes”, an interdisciplinary patient engagement tool, developed by CBI, to assist health care providers integrate their clients’ needs, identities and priorities into care. Participants will learn effective strategies to educate direct care personnel to apply these companioning strategies. Rebecca Hill, RN</p> <p>Therapeutic Touch® is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. TT facilitates relaxation and can decrease the perception of pain. Through exercises, demonstration and case studies, participants will see how TT is responsive to the unique needs of people with life ending illness and their families. Participants will practice some initial steps of TT, that can be integrated into the palliative care experience from diagnosis to bereavement. Patricia Tamosetis BA, BEd. TTRT</p> <p style="text-align: center;">Book a mini-session with a Therapeutic Touch practitioner, on site. May 10, 2018.</p>	
12:15 – 1:00	BUFFET LUNCH – Please inform us of any dietary restrictions	
1:00 – 1:45	<p style="text-align: center;">Walking the Talk – Experiential mini-session: Please choose one.</p> <p>Creation: come to the Art Studio and work with Artist in Residence Marie-Claude Charland, to design and create your own a mandala, an ancient and contemporary tool for meditation, clarity and calm. or Reflection: Enjoy some time in our ‘reflection room’ and experience a mindful meditation led by Tara Cohen, MSW and Pam Grassau, PhD, RSW. or Networking: Enjoy this time to ask questions and discover local resources, vendors, programs and services that use Arts-based practices in support of death, dying - and living. Chat with colleagues and make new connections. Fill your BINGO card. Door prizes may result.</p>	
1:45 – 3:00	<p style="text-align: center;">Afternoon Workshop Series : Choose one workshop.</p> <p>Learning with All of Our Senses: Using the creative arts to engage people, can bring out voices left unrecognized. Photo Voice, or Caregiver Digital Storytelling enhances engagement and invites caregivers to share their experiences and knowledge of health, creativity, traditional medicines, spirituality, and community resilience. Working with First Nations and Métis communities, we explored different ways of knowing, made visible through creative activities. Chad Hammond, PhD.</p> <p style="text-align: center;">Afternoon Workshop Series continued on next page.</p> <p style="text-align: center;">All presenter biographies available at www.champlainpalliative.ca see Events – May 10.</p>	

	<p>How to Avoid Red, When You're Feeling Blue: <i>My candle burns at both ends; It will not last the night; But ah, my foes, and oh, my friends - it gives a lovely light!</i> <i>Edna Vincent Millay</i></p> <p>By taking a look at how practitioners' priorities and quality of care shift throughout the career path, this session will discuss some artful approaches to recognizing and avoiding practitioner burnout. Equally important, we will identify prevention strategies, including how to deal with resistance to change. Benoit Robert, MD</p> <p>Families, Art and Bereavement: Artful expression in a safe environment facilitates the mourning process and helps to clarify any cognitive confusion that a child may have about death. Providing space for a mourning family to express grief through art, helps them to accept the reality of the death, and empowers them to begin to reinvest in life and loving again. This workshop explores lessons learned in Let's Art About Grief, a series of workshops offered by Beth Donovan Hospice, co-facilitated by Margaret Lorrie Beaton, MSW, and Rose-Lynne McDougall</p>
3:00 – 3:15	Break
3:15 – 3:45	<p>Celtic Closing Circle: After a full day of listening and learning, let us come together to enjoy the restorative benefits of a Closing Circle from the ancient Celtic tradition. In a fun and powerful way, we will let music facilitate the grounding capacity of this slow, collective, circle-based expression to end our day together. It is easy and fun and no experience is required.</p> <p>Tracey Cummings is a Sacred Circle Dance facilitator in the Renfrew and Ottawa areas. She has a great love of dance and music, and uses these mediums to create meaningful dance experiences to facilitate our natural capacity to heal and to experience increased well-being. Tracey works as a Resident and Family Support Counsellor at Hospice Renfrew.</p>
3:45 – 4:00	Final closing and many thanks

<u>Early-bird Rates</u> before April 15		<u>Regular Rates</u> from April 16 to April 30 th
General Public	\$150	\$175
Full-time students	\$125	\$150
HPC Volunteers	\$125	\$150
Half Day (not including lunch)	\$75	\$75

Direct registration is set up online, at www.Champlainpalliative.ca See "Events – Ed. Day May 10".

If you prefer to register by phone and pay by cheque,
 Please call us at 613-683-3779 or email Suzanne.

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