Strength through Stories—Personal, Professional, Political  
December 2, 2017

7:30 am  Registration
8:30 am  Welcome

8:40 am  **Professional: Leading the way in medicine**  Dr. Sharon Anderson

9:45 am  Professional Breakout Sessions (select one to attend)
- *Creating a Narrative (Dr. Jackie Wirz):* How to develop and tell your story in personal statements, candidate statements, etc.
- *Healing through stories: the restorative power of providing space for your patients’ stories (Dr. Rahel Nardos, Jillian Romm RN, LCSW)*
- *The body tells a story: Physical Exam Skills (Dr. Peter Sullivan):* Learn how to really listen to the story the body has to tell
- *True to yourself—Negotiation Techniques (Dr. Emily S. Guimaraes):* Identify what matters to you and learn how to negotiate for what you need

10:50 am  Break

11:00 am  **Personal: Slow Medicine**  Dr. Victoria Sweet

12:00 pm  Lunch

1:15 pm  Personal Breakout Sessions (select one to attend)
- *Narrative Medicine (Dr. Martha Driessnack):* Explore how writing can deepen your understanding of health, illness, and caretaking; learn tools for reflective practice and integrating narrative skills into your practice.
- *Graphic Medicine (Drs. Molly Osborne, Craigen Usher):* Using comics and graphics with medical themes, participants will discover the unique ways in which reading and creating comics renders the experience of illness itself and moves thoughts from the depths of the writer’s subjective experience into the mind of the reader.
- *Hula (Ms. Kelsi Chan):* Hula tells the story of a culture, combining community and heritage and elevating movement beyond simply dance. Participants will learn how to tell a story through movement.
- *Soul Food (Dr. Sonia Sosa):* Food is not only a way of bringing people together, but is a basic aspect of self-care. Learn simple, healthy recipes you can use on the go or use in a group setting to start a conversation about we care for ourselves and others.

2:30 pm  Break

2:45 pm  **Political: Owning your Power**  Dr. Alisha Moreland-Capuia

4:00 pm  Political Breakout Sessions (select one to attend)
• **Emerge Oregon**: This session will de-mystify the process of getting engaged politically and develop skills in public speaking and messaging, networking, social media, equity, and ethical leadership.

• **Doctors Speak Out (Dr. Esther Choo)**: Learn how to communicate your stories through social media to engage in broader social and political discussions.

• **Community Activism (Dr. Danielle Robinson, Antoinette Foster, Eileen Torres)**: Learn how to develop and advocate for policies within health care institutions, partner with community groups to promote public health, and advocate locally.

• **Impacting Health Policy (Courtni Dresser)**: Learn how health policy works on the local and state level, how to identify partners, draft a bill, and change policy.

5:15 pm  *Hors d’oeuvres/Networking*