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9-9-2020

Recognizing Burnout: Arts-Integrated Workshop

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Recommended Citation

Diemer, MD, Gretchen; Mingioni, MD, Nina; and Dean, Med, Heather, "Recognizing Burnout: Arts-Integrated Workshop" (2020). *Medical Education Teaching Tools*. Paper 3. https://jdc.jefferson.edu/meded/3

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Recognizing Burnout

Arts-Integrated Workshop

Gretchen Dimer, MD Nina Mingioni, MD Heather Dean, MEd

Arts Integration is an APPROACH to TEACHING in which students construct and demonstrate UNDERSTANDING through an ART FORM. Students engage in a **CREATIVE PROCESS** which CONNECTS an art form and another subject area and meets EVOLVING OBJECTIVES in both.

http://education.kennedy-center.org//education/ceta/arts_integration_definition.pdf



Art Philadelphia Museum of Art @philamuseum

"To photograph truthfully and effectively is to see beneath the surfaces." — #AnselAdams, born #onthisday in 1902. ow.ly/E99B3096GYg



10:15 AM · Feb 20, 2017 · Hootsuite

https://twitter.com/philamuseum/status/833696604133666817

Arts Integration

Today:

1. Discuss professional emotions and behaviors related to burnout

2. Identify compositional techniques that enhance the meaning of a visual image

3. Create a photograph representing burnout

Review components

Burnout

- Emotional exhaustion
- Depersonalization
- Low sense of accomplishment

Wellness

- Autonomy
- Mastery (competence)
- Social connection or purpose

What are the hallmarks for each?

- Write some ideas down for one or more components
 - (5 minutes)
- Then discuss with partner for other ideas (5 minutes)

Conveying Emotion through photography







We will focus on...

- Learning about various creative techniques to convey emotion using no human subjects
- Consciously using one or more of the techniques to create an image that conveys an emotion





Planning (5 min)

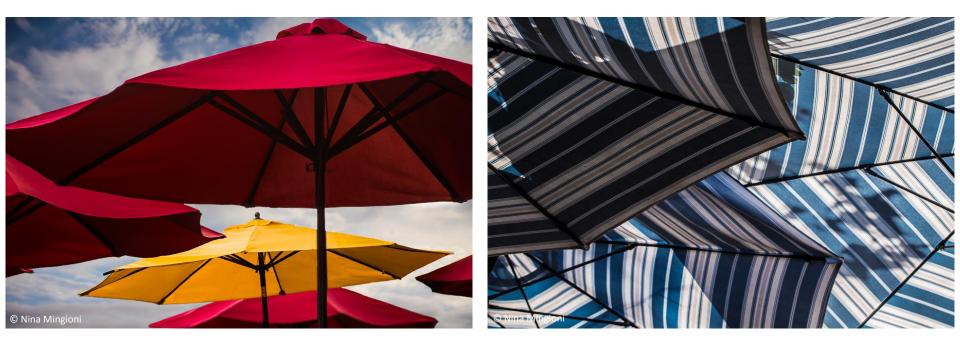
- Using the telltales, brainstorm some images that might go with the behaviors
- Write down lots of ideas (planning grid step 2)
 Can focus on one component or brainstorm for multiple ones

| Component of Burnout | 1. Telltale behavior or hallmarks | 2. Image Ideas | Photographic technique (color, line perspective, framing) |
|-----------------------------|-----------------------------------|----------------|---|
| Depersonalization | | | |
| | | | |
| | | | |
| | | | |
| Emotional Exhaustion | | | |
| | | | |
| | | | |
| | | | |
| Low sense of accomplishment | | | |
| | | | |
| | | | |
| | | | |

What photographic techniques can help my image be meaningful?

- Color palette
- Perspective
- Use of lines
- Subject placement
- Metaphor

Color Palette



Perspective



Lines





Subject placement



Metaphor



Let's put it together...







Photography Exploration

- Use your phone and whatever is in the room to play with
 - Color
 - Lines
 - Perspective
 - Framing
 - Metaphor

Photograph!

- Now, go take that picture! (20 min)
- When you have captured the image, return here and email it to

facilitator@yourinstitution.edu

- Complete the caption card
- Share your image with a neighbor and discuss your caption card

Debrief

- On returning, complete the post form
- Share your image with a partner (or 2) and explain why your image is meaningful and how you used the photographic technique to add meaning.

SHOWCASE

- Images were uploaded and then we presented them to the group for discussion
- Group would comment on content and photo techniques to try to understand what the learner was trying to portray
- The artist was then given an opportunity to clarify





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