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#### **Recognizing Burnout: Arts-Integrated Workshop**

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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)

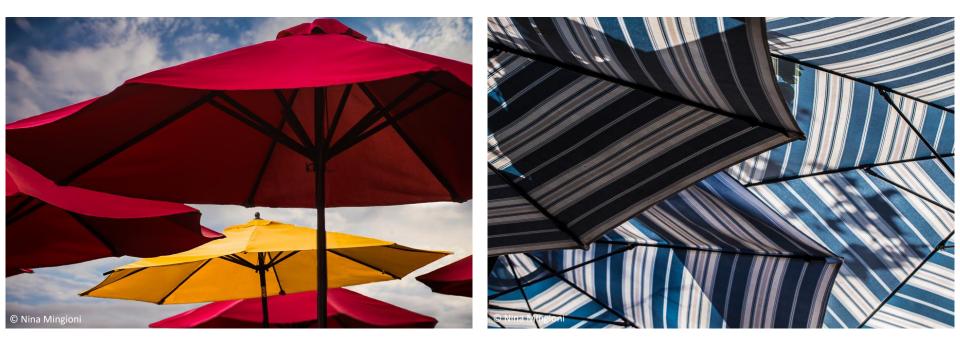
- Using the telltales, brainstorm some images that might go with the behaviors
- Write down lots of ideas (planning grid step 2)
   Can focus on one component or brainstorm for multiple ones

| Component of Burnout        | 1. Telltale behavior or hallmarks | 2. Image Ideas | <ol> <li>Photographic technique (color, line<br/>perspective, framing)</li> </ol> |
|-----------------------------|-----------------------------------|----------------|---|
| 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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