



## Meet an IPE Student Champion from Thomas Jefferson University Ashton Guidebeck, MS in Couple and Family Therapy, Class of 2022

### Briefly describe your work with/ related to JCIPE:

My JCIPE journey began with the Health Mentors Program my first semester at Jefferson. I represented the couple and family therapy (CFT) program as a collaborative care team member, team

liaison, and (CFT) program liaison. Each day I have found myself progressively more aligned with JCIPE's mission, jumping at many of the opportunities it creates for Jefferson students. For example, at the end of Module 2, I participated in a Design Sprint session hosted and facilitated by the Jefferson Health Design Lab to get in touch with student input related to program goal attainment. Inspired by this experience, I decided to personally reach out to lead HMP faculty, which led to involvement with redesigning the Module 1 curriculum over the past summer. What is more, I got to co-facilitate M1 orientation for this year's incoming students. My experiences seem to be culminating as a second-year as I engage with HMP's Module 3 and the Hotspotting Program.

### What excites you about this work?

I have devoted my studies to explore the interdependence of mental, physical, and relational health dating back to the start of my undergraduate studies. This multidirectional, interlocking relationship between individual health and health systems challenges us to persist in trying to understand healthcare despite never fully identifying the exact and intricate interdependent dynamics at play. It is this complexity of the health puzzle and the lasting impacts of its nature which fascinates me. Our persistence with applying observation, data collection, and data analysis to understand relational dynamics better and impact healthcare outcomes is what keeps me engaged. I'm committed to building frameworks and standardization to improve individual, relational, and societal health for the better.

### What have you learned that was new?

Through my involvement with JCIPE, I've learned that there are communities around me devoted to advancing the same healthcare values and goals as me - communities built upon an understanding that there are unseen and intolerable consequences resulting from the maintenance of the current healthcare system. In my year of involvement with JCIPE, I've learned new language, skills, and frameworks and been met with many new perspectives that continually reassure my commitment to engaging with and promoting these conversations.

### Why is IPE/CP important to you?

Since I tend towards contextual ways of thinking, I believe that health care uninformed by the studies of social determinants of health leaves us with inadequate explanations for understanding health concerns, and consequently, inadequate remedies for combating them. IPE/CP has proven to be one effective way of addressing such oversights in the current healthcare system. IPE/CP accomplishes this by prioritizing clinician experiences that focus on developing a larger picture of patient care and practicing basic interrelational skills within an interprofessional team. In this way, not only does this approach contextualize and humanize patient experiences, it does the same for the teams providing patient-centered care.

### How do you think you will apply your IPE/CP learning to your future role?

Currently, I am applying to Medical Family Therapy Ph.D. programs for Fall 2022 admission. In the coming years, I intend to continue developing and applying an interprofessional approach via my role as a health care provider. Ultimately, I plan to be involved in the education of future generations of student clinicians, the disruption of current systems, and the curation of new ones.