

Healer's Art Project

UCSF Well-Being Grant

2023 / Grant Cycle

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Overview

This project provides space, time, and skills for bolstering resiliency through appreciation and expression of art and forming bonds between female-identifying oncologists. Through the "Healer's Art Project", we hope to bring the benefits of art and sense of community to our Cancer Center.

Data Snapshot

Events held: 3

Participants reached: 12

- Residents: 8
- Faculty: 4

Departments supported: 2

Resources

None



Project Details

The Healer's Art Project was a seminar series for female-identifying early career oncologists with the goal of promoting community in the UCSF Cancer Center. In the Spring of 2023, we hosted three events to bring together junior faculty and trainees. Participants were also provided a Mindfulness Journal in order to promote guided reflection.

The SF MOMA visit was held on April 6 and included an evening walk through the museum. Participants were invited to explore the exhibits and discuss how they identified with the pieces. The following dinner was an opportunity to share reflections on the experience.

On April 30, the second event was held in the SF Botanical Garden, a beautiful backdrop for bouquet making and a picnic. Dried flowers and vases were provided for participants. With minimal instruction, participants were given the opportunity to design and create their own arrangements.

Finally, the June 10 event was held at the Terra Mia Ceramics studio and participants were able to choose a ceramics piece to paint. The following dinner was a summative event reflecting on the program.

Project Challenges

Certainly the largest challenge was making time in busy schedules for participants to join the events. We had hoped to reach more participants in this initial series but after its success we do hope that future iterations will be larger. Additionally, we had hoped to have broader participation among the Cancer Center however the majority of participants were from the Department of Radiation Oncology. In the future, we hope to be more inclusive to our colleagues in other departments and will consider how to engage more in this direction.

Lessons Learned

Overall, the program underscored the strong interest among faculty and trainees to explore art and make deeper connections with their peers and mentors over shared experiences as early career female-identifying oncologists. The conversations flowed naturally as an extension of the art projects and we were all able to provide a safe space for personal and group reflection. Participants were overwhelmingly in favor of continuing the program and we hope to do so for the foreseeable future.