

Creative Activity:

This activity is part of a larger creative self-expression exercise called the Narrative Reflective Process (Schwind, 2008, 2016).

This session focuses on individual and small group work exploring the experience of Person-Centred Care (PCC) in any professional context.

1. Individual: Consider how you envision PCC ... write your definition of PCC.
2. Individual: Immerse yourself in that definition and identify an instance where you provided PCC. Write a story about a situation that shows what happened.
3. Individual: Think of a time when you received/were the beneficiary of PCC? Write a story about a situation that shows what happened.
4. Individual: Read your two stories to identify commonalities and differences.
5. Pairs: Share the two stories with another person; Identify common elements of PCC between the two persons (i.e. the 4 stories). Where are they the same and where are they different? — Level of disclosure to your comfort level—
6. Circle: Each pair shares a summary of their discussion about PCC.
7. Circle:
 - What was the experience like of writing the two stories?
 - What difference does it make, if any, to define PCC from your lived experience versus from your initial thoughts that may be based in literature or other received knowledge?
 - Do you engage in person-centred care in your professional role? If so, what does it look like? If not, how would that look like for you?

For session 2 you will be asked to engage in a creative activity, called Metaphoric Reflection.

Keep journaling!

References

Schwind, J. K. (2008). Accessing humanness: From experience to research, from classroom to praxis. In J. K. Schwind & G. M. Lindsay (Eds.), *From experience to relationships: Reconstructing ourselves in education and healthcare*. (pp. 77-94). Charlotte, NC: Information Age Publishing Inc.

Schwind, J. K. (2016). Narrative Reflective Process: A creative experiential path to personal-knowing in teaching-learning scholarship. In J. Gingras, P. Robinson, J. Waddell, L. & Cooper (Eds.), *Teaching as scholarship: Preparing students for professional practice in community services*. (pp. 137-154). Waterloo, ON: Wilfrid Laurier University Press.