



**Weill Cornell  
Medicine-Qatar**

Continuing Professional  
Development

# **CERTIFICATE IN HEALTH HUMANITIES PART II: CLINICAL APPLICATIONS**

**October 4 – 25, 2022**



# Course details

## Overview

This asynchronous and synchronous program is intended for healthcare practitioners. It explores established therapeutic uses of the medical humanities in the clinical setting. Obtaining a certificate requires completion of three modules that revolve around the application of narrative processing therapy, life review and art therapy in patients with specific clinical conditions. Activities include group discussions, reflection on assigned multimodal texts and three written assignments (one per week).

## Objectives

### Overall Learning Objectives

At the end of the activity the participants will be able to:

1. Demonstrate familiarity with the theory and application of cognitive processing therapy
2. Explain the tasks of the stages of development according to Erik Erikson
3. Describe the role of life review in normal aging and in the clinical setting
4. Identify the psychological impact of palliative care and end-of-life conditions
5. Examine the clinical applications of visual art in palliative care

## Target Audience

Physicians, Dentists, Allied Health Practitioners, Researchers, Educators, Pharmacists, Nurses, and Students.

## Program Schedule

The program commences on October 4, 2022 and ends on October 25, 2022. It blends asynchronous and synchronous modes of delivery. Obtaining a certificate requires the completion of work on three modules. In each online module, participants can work at their own pace. However, since the modules are sequential, participants need to submit all assignments in a given module in order to move on to the next one. Synchronous sessions are carefully spaced to allow for reflection and online discussion.

## Gap Analysis

### 1. Cognitive processing therapy (CPT)

Cognitive processing therapy (CPT) is currently one of the leading evidence-based psychotherapies used in the treatment of Post-Traumatic Stress Disorder resulting from a variety of conditions (rape, abuse, civilian and army personnel in war zones). CPT utilizes narrative techniques and techniques of storytelling and remembering. It is administered individually or in groups. Newer studies are documenting the efficacy of short courses of this therapy, as well as benefits lasting up to 12 months or more.

In Part I of this course, attendees received extensive exposure to the use of narration in medicine. In Part II, this state-of-the-art therapy will build on previously acquired knowledge and demonstrate the method and application of narrative techniques. For attendees who did not attend Part I, a review of the essential points of narrative theory will be offered in the introduction to the topic. No comparable course is available in Qatar at the present time.

### 2. Life review

Life review in older adults is a therapeutic modality developed by Erik Erikson based on his seminal theory of psychological development.

Studies in older adults on reminiscence and life review and narrative psychology have shown that it is not the past events themselves but their personal meaning that is pertinent in regulating identity development, well-being, and mental health across the lifespan. In hindsight, people may look back upon their lives and discover their past as a source of insight and inspiration even when facing adversity. Studies have shown the efficacy of life review in depression and in palliative care and in grief situations in the elderly.

Although the intervention was initially used in aging populations, its application in young adults facing a critical illness or following psychological trauma has shown significant efficacy.

One of the speakers, Aicha Hind Refai, was the first professional to lecture on life review at Hamad Medical Corporation (HMC) Psychiatric Hospital Fellowship Rounds in 2019. This has spurred interest in the topic among young fellows training in geriatric psychiatry and opened the potential for the future application of the technique in Qatar.

### 3. Visual art therapy (VAT)

Visual art therapy (VAT) has had a growing role in the treatment of a variety of medical and psychological conditions. A solid body of theory and of evidence-based indications for its effectiveness has accumulated in recent years. In this course, we will focus on the application of VAT in the areas of end-of-life and palliative care, both for patients and their treatment teams. As terminal illness invokes physical, psychological, and spiritual manifestations in patients, art can help decrease feelings of pain, and also decrease the use of pain killers. This can be beneficial insofar as pain killers can dull the emotions and at times increase cognitive impairment, thus interfering with the ability of patients to interact with their families and complete emotional tasks that they would have sought closure for. Art can also calm death anxiety and promote hope and the integration of the human domains of functioning in patients facing death. Similarly, teams engaged in the care of the terminally ill have found support and equilibrium in VAT to help them face grave situations with patients and their families and prevent burn-out. To our knowledge, this topic is not addressed systematically in the curriculum of any healthcare program in Qatar.

# Accreditation

## Disclosure of Relationships/Content Validity

It is the policy of Weill Cornell Medicine-Qatar to adhere to Ministry of Public Health's Department of Healthcare Professions (DHP) and Accreditation Council for Continuing Medical Education (ACCME) Criteria, Policies, and Standards for Commercial Support and content validation in order to ensure fair balance, independence, objectivity, and scientific rigor in all its sponsored programs. All faculty participating in sponsored programs are expected to disclose relevant financial relationships pertaining to their contribution to the activity, and any discussions of off-label or investigational uses of approved commercial products or devices, or of any products or devices not yet approved in the United States and elsewhere. WCM-Q CME/CPD activities are intended to be evidence-based and free of commercial bias.

Course Directors	Scientific Planning Committee
<ul style="list-style-type: none"> <li>• Aicha Hind Rifai, MD</li> <li>• Krystyna Golkowska, PhD</li> </ul>	<ul style="list-style-type: none"> <li>• Deema Al-Sheikhly, MRes, MEHP</li> <li>• Thurayya Arayssi, MD</li> <li>• Nelly Khalil, MPH</li> <li>• Bruce MacRae, RT</li> <li>• Phyllis Sui Muffuh Navti, DHSci</li> <li>• Ziana Vamanjoor, BDS</li> </ul>
Course Faculty	Course Administrator
<ul style="list-style-type: none"> <li>• Aicha Hind Rifai, MD</li> <li>• Krystyna Golkowska, PhD</li> </ul>	<ul style="list-style-type: none"> <li>• Safia Rabia</li> </ul>

**The course Director & Co-course Director, Scientific Planning Committee members, faculty and Course Administrator:**

- Have no relevant financial relationships to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products.

## Evaluation

An evaluation will be conducted online post activity. All participants are required to complete the Evaluation Form in order to qualify for a certificate. The evaluation allows us to assess the degree to which the activity met its objectives. It will also guide the planning of future activities and inform decisions about improving the educational program.

## Accreditation and Credit Designation Statements



### ACCME

Weill Cornell Medicine-Qatar is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians

The Weill Cornell Medicine-Qatar designates this other activity (live webinar and online self-study) for a maximum of *20.0 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



### DHP

Weill Cornell Medicine-Qatar is accredited as a provider of Continuing Medical Education (CME) and Continuing Professional Development (CPD) by the Department of Healthcare Professions (DHP) of the Ministry of Public Health.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions-Accreditation Section and is approved for a maximum of 4.5 hours.

The scientific planning committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of this CPD activity and has implemented procedures to manage any potential or real conflicts of interest.



# Program

October 4 - October 25, 2022

## Online modules:

Estimated Time Frame	Topic	Session Learning Objectives	Speaker
<b>Module 1</b>			
October 4 - 11 (5 hours)	Review of the humanistic perspective in medical education and clinical practice.  Introduction to the application of Cognitive Processing Therapy in clinical practice	<ul style="list-style-type: none"> <li>Express the goals of the Medical Humanities.</li> <li>Demonstrate familiarity with the theory and application of Cognitive Processing Therapy.</li> </ul>	<b>Dr. Aicha Hind Rifai</b>  <b>Facilitator:</b> <b>Dr. Krystyna Golkowska</b>
<b>Module 2</b>			
October 11 - 18 (5 hours)	The Life Review theory and practice  Introduction to the therapeutic applications of the Life Review	<ul style="list-style-type: none"> <li>Summarize the theoretical background of the Life Review.</li> <li>Demonstrate the method of Life Review.</li> <li>Identify the benefits of using the Life Review in various clinical populations.</li> </ul>	<b>Dr. Aicha Hind Rifai</b>  <b>Facilitator:</b> <b>Dr. Krystyna Golkowska</b>
<b>Module 3</b>			
October 18 - 25 (5.5 hours)	Therapeutic applications of Visual Art Therapy	<ul style="list-style-type: none"> <li>Explain key aspects of Visual Art therapy.</li> <li>Describe the benefits of using Visual Art Therapy in specific clinical conditions.</li> </ul>	<b>Dr. Aicha Hind Rifai</b>  <b>Facilitator:</b> <b>Dr. Krystyna Golkowska</b>

### After completing work on the three modules leading to certification, participants will be able to:

- Review the main goals of Medical Humanities
- Define and develop skills and competencies associated with Cognitive Processing Therapy and its clinical application
- Review Erik Erikson's Life and its clinical applications
- Define and develop skills and competencies associated with Visual Arts in specific clinical conditions

## Synchronous meetings:

Time	Topic	Session Learning Objectives	Speaker
October 4, 2022 (90 minutes) - Presentation: 4:00 pm - 5:00 pm - Q&A: 5:00 pm - 5:30 pm	Introduction to the course  Cognitive Processing Therapy (CPT)	<ul style="list-style-type: none"> <li>Review the value of incorporating the arts and humanities into practice.</li> <li>Define the method and application of (CPT) in specific clinical conditions.</li> </ul>	<b>Dr. Aicha Hind Rifai</b>  <b>Facilitator:</b> <b>Dr. Krystyna Golkowska</b>
October 11, 2022 (90 minutes) - Presentation: 4:00 pm - 5:00 pm - Q&A: 5:00 pm - 5:30 pm	Erik Erikson's Life Review and its clinical applications	<ul style="list-style-type: none"> <li>Explain the tasks of the Stages of Development according to Erik Erikson.</li> <li>Describe the role of Life Review in normal aging and in the clinical setting.</li> </ul>	<b>Dr. Aicha Hind Rifai</b>  <b>Facilitator:</b> <b>Dr. Krystyna Golkowska</b>
October 18, 2022 (90 minutes) - Presentation: 4:00 pm - 5:00 pm - Q&A: 5:00 pm - 5:30 pm	Visual Art Therapy and its clinical applications in specific clinical situations	<ul style="list-style-type: none"> <li>Review key aspects of the psychological impact of Palliative Care and Hospice settings.</li> <li>Identify the methods and benefits of applying Visual Art Therapy in these settings.</li> </ul>	<b>Dr. Aicha Hind Rifai</b>  <b>Facilitator:</b> <b>Dr. Krystyna Golkowska</b>

### Overall Learning Objectives:

At the end of this activity, participants will be able to:

- Demonstrate familiarity with the theory and application of Cognitive Processing Therapy
- Explain the tasks of the Stages of Development according to Erik Erikson
- Describe the role of the Life Review in normal aging and in the clinical setting
- Identify the psychological impact of palliative care and end-of-life conditions
- Examine the clinical applications of Visual Art in Palliative care



# Biography – Speakers



**Aicha Hind Rifai, MD**  
Assistant Professor of Clinical Psychiatry  
Weill Cornell Medicine-Qatar

Dr. Rifai joined Weill Cornell Medicine-Qatar (WCM-Q) in 2016. She is American Board Certified in both psychiatry and internal medicine with additional certification in geriatric psychiatry. Dr. Rifai is currently the Clerkship Director for Psychiatry. She is a Senior Consultant at HMC and at Sidra Hospital. Her areas of expertise and interest include Women Mental Health, the integration of the humanities in medicine, and the history of medicine.



**Krystyna Golkowska, PhD**  
Professor of English  
Director of English as a Second Language Program  
Coordinator of First Year Writing Seminars  
Weill Cornell Medicine-Qatar

Dr. Krystyna Golkowska teaches first-year writing seminars and serves as the English writing program coordinator and ESL director in the Pre-medical Program at Weill Cornell Medicine-Qatar (WCM-Q). She also coordinates the Writing and Communication for Research Scientists course.

Before joining WCM-Q, Dr. Golkowska taught undergraduate and graduate courses in English literature, writing, ESL/EFL, and applied linguistics. At Cornell University she worked for many years in the Department of Modern Languages, Intensive English Program (IEP), and the Center for Teaching Excellence (formerly CLT). In addition, she offered summer courses through Cornell University School of Continuing Education and taught academic writing courses at Ithaca College.

Dr. Golkowska's research interests focus on English literature, pedagogy, sociolinguistics, and medical humanities.



# Selected Publications

**A WORLD PSYCHIATRIC ASSOCIATION INITIATIVE TO INCREASE INTEREST IN PSYCHIATRY AS A CAREER IN QATAR MEDICAL STUDENTS: A PILOT STUDY**  
*Psychiatria Danubina 2020 Academic Article*

**Psychological effects of war: A role play. A case study in peer-to-peer education for medical students.**  
*Innovations in Global Health Professions Education 2019 Academic Article*

**Against oblivion: Samira al-Khalil and Anna Akhmatova in Douma.**  
<https://www.aljumburiya.net/en/content/against-oblivion-samira-al-khalil-and-anna-akhmatova-douma>. 2017 Article

**The contributions of the German-speaking countries to the History of Psychiatry.**  
*Heidelberg University Press. (2006) Book*

**Chronic medical illness in patients with recurrent major depression.**  
*American Journal of Geriatric Psychiatry. 1996 Academic Article*

**Hopelessness in Suicide Attempters After Acute Treatment of Major Depression in Late Life.**  
*American Journal of Psychiatry 1994 Academic Article*

