

# Discovery Meeting #15

## November 15, 2010

### Minutes



Photograph by Jennifer Roth

**Present:** Pamela Amiralian, Susan Bayley, Holly Campbell, Linda DeHart, Gail Ellison, Carol Gallagher, Hugh Gallagher, Chris Graefe, Joan Horgan, Guillermo Mayo, Betsy Pillsbury, Adelaide Smith, Pati Stillwater, Arthur Stowe

**Attending Via Skype:** James Cavanaugh,

**Attending Via Conference Telephone:** Susan Brender, Dorothy Martin-Neville, Pam Wilkins

**Welcome to new participant, Dorothy Martin-Neville** Ph.D., DCEP, LMFT, LPC, EMP. Dr. Martin-Neville joined us via teleconference line for part of the meeting and plans to attend the December meeting in person. Founder and President of the Institute of Healing Arts and Sciences (IHAS), she is an international healer, author and speaker. She has a Marriage and Family Therapist practice and is a Clinical Instructor at the University of Connecticut Medical School. She is active in cell and cancer studies supported by NIH grants and developed the W.I.S.E Method™ in working with fibromyalgia patients.

#### **OPENING**

The meeting began with a “transition into the room” led by Adelaide Smith, followed by a reading of the Discovery Meeting Mission Statement:

Our mission is to change the paradigm of the passive patient, inspiring people to find power and control over their own health by accessing and incorporating creativity in healthcare.

Pamela Amiralian and Adelaide Smith met with Linda DeHart and Sue Bayley after the October meeting to give their impressions of the Discovery Meeting and suggestions on how to achieve our purpose. They suggested reading the mission statement at each meeting as a way to ground our conversations and to lead to a clear understanding of who we are and what we are doing.

#### **PURPOSE OF THE DISCOVERY MEETING – DISCUSSION**

Pamela and Adelaide then led a discussion of our goals, purpose, inspiration and methods.

Pamela said that, as an artist, interior designer and orderly planning type of person, she wants to be involved and needs to be told **how** to be involved. “ I am excited about the premise of art and healing.” She said.

Pamela proposed that we create a standard “elevator speech” that we can use to tell others about the Discovery Meeting. “This has to become our meeting. It needs to belong to people who come here because they are really committed and are coming out of their passion,” she said.

Ideas about our purpose, and what should be in the “elevator speech” followed:

To bring a groundswell to the Art of Health documentary

To find power, sustainability and inspiration

When we say “the arts” are we really talking about “creativity?”

Are we talking “scientific” or “faith” in the arts?

Is it beyond faith? Is it instinct?

Creative expression gives us access to our own healing.

In terms of proof, there is a lot of proof already out there.

Proof is not our job – our job is inspiration.

We are experiencing a paradigm transition, where we will have a new role in the medical culture. Herbert Benson’s 2010 book, *The Relaxation Revolution*, documents the change.

Arthur Stowe suggested that everyone write down their suggestions, communicate them to Linda or Sue, and they will consolidate them for the next meeting.

Arthur also challenged us all to an experiment: everyone knows someone who is not well. How can we help that one person to use art/creativity in their healing process? And each person come to the next meeting with a story of how art is already working to heal, how the transition is already upon us.

### **INQUIRY OF THE DAY – James Cavanaugh**

Mystery is Required.

“The mysterious is the source of all art and science.” – Albert Einstein.

Einstein went through the matrices of atoms and molecules and came out into mystery, said James. The Art of Health documentary will present mystery; it will skim the cream of the stories we have collected and present them with intimacy, believability and passion.

Some say “enough of words – let’s get on with the action.” But there will always be words. Jill Bolte Taylor had an ecstatic experience that changed her life (when she had a stroke that disabled the left lobe of her brain). She, a research scientist, had to discover how to use the word “Nirvana,” how she released the soul into the dying process and return to tell us about it, and retain her credibility and her audience.

When art is a noun, it becomes static. When it is a verb, it engages us and remains dynamic.

An artist is not a special kind of person; every person is a special kind of artist.

This project is about freedom. Our purpose is not to have lived, it is to communicate. Unless we can come up with a clear statement of what we are doing, we can’t compete in the marketplace.

When you show how to hook up a brain to a poem and see the effects, it's great TV, it gets the job done. Let us agree that we will always come back to individual stories. We were all called to this table.

I am doing this project because I can't think of anything I would rather do. I think of the musician's comment:

"There you are, sawing away on your violin, and every now and then you get a glimpse of the whole symphony, and the trick is, at that moment, not to drop your violin."

The discussion that followed:

- Pati Stillwater - we must find way to express our work using language that allows everyone to relate it to his or her own experience.
- Susan Brender – The arts have a power. We want to explore the power of the arts using TV as a medium to reach many people. From my perspective, doing is getting something done. We need to reach out – I am involved because I am a proponent for the arts. There are stories to be told.

We need committees:

- To create a strategy
  - To craft our words, develop our mission statement and elevator speech
  - Develop specific agenda with a timeline to raise funds
  - To help James shoot a pilot to get the ball rolling.
- Linda DeHart – Spaulding Rehab Hospital's arts program presents an opportunity to create a pilot. What is the dollar cost estimate?
  - James – About \$1000 per minute, about \$5,000 – \$10,000.
  - Susan Brender – We need to risk some money. Investigate Kickstart.com and fracturedatlas.com as ways to raise funds. Susan can get some information from a contact who has some experience with these sites.
- It is endless where it can go, but it has to start first.
- Joan Horgan – A committee of the top management at Spaulding is seeking to have at least 50% of the art in their new building be by rehabilitation patient artists. Also, she heard today of a grant writer who is interested in that project and also in the AOH documentary.
  - Pamela – attended a fundraiser for an organization called Express Yourself, which resulted in a performance at the Wang Center and received the Coming Up Taller Award from President Barack Obama. Would make a great story for the AOH.
  - Linda – James is coming to the east coast around the end of December. Can we coordinate a meeting with Spaulding at that time?
  - Susan Brender – There are many new politicians on the national health commissions. We need to become lobbyists, go to Washington and visit NIH, make the money case. Susan will call some organizations and figure out an approach.
- Holly Campbell – offers to chair a committee on fundraising to help organize a pilot, and to hold a meeting before the next Discovery Meeting.
  - Pam Wilkins – willing to contact Mrs. Bing who funds arts programs at Stanford University and nationwide.

**Fundraising Committee** volunteers: Holly, Chair; Pam Wilkins, James Cavanaugh, Gail Ellison, Pati Stillwater, Joan Horgan.

**Lobbying Committee** volunteers: Susan Brender, Joan Horgan, Susan Bayley.

**Liaison:** Linda DeHart volunteered to be a liaison between Spaulding Rehab and the Discovery Meeting.

### **STORYTELLING AS A MEDIUM**

Having used all the time, we agreed to delay until the December meeting the segment on Alan O 'Hare, Storyteller, who provided us with a stories as a tool process for the Discovery Meeting.

**Next Discovery Meetings: MARK YOUR CALENDAR**

**January 10**

February 14

March 14

April 4

May 16

June 20 --- Then break for the summer months

By Susan Bayley for Discovery Meeting • [www.discoverymeeting.org](http://www.discoverymeeting.org)