



InterPlay Workshop for Oncology Healthcare Providers

Relieve Stress, Access Creativity, Build Your Strengths

Tuesday November 17
5:30 p.m. to 7:00 p.m.

at Duke Medicine Pavilion Interfaith Chapel

—> Do you experience exhaustion, chronic stress, or compassion fatigue?

An early evening workshop focused on building skills as oncology healthcare providers to: discern our personal and creative capacities, to relieve stress, and access our own body knowledge.

Registration: Free; Registration requested by Fri. Nov. 13, cancersupport@duke.edu or 919-684-4497

About this workshop:

- **InterPlay** creates space for free, honest expression in a comfortable setting for only oncology professionals. The workshop incorporates innovative ways to access stories we hold, and support our ability for movement and stillness, voice and breath (even if you've never done this sort of thing before).
- **To promote immediate stress relief**, and chronic stress management, InterPlay is based in principles of “play, rest, and creativity”—as a right for all people, no matter the demands of their profession.
- **To promote restoration of energy**, InterPlay develops skills for inviting ease and clarity into life beyond the workshop—even in extremely difficult situations. Gentle incremental steps lead to discovering your body's inherent knowledge and exploring medical stories and witnessing in a refreshing way.
- **As an oncology healthcare provider** you may wish to gain new skills for coping with everyday and exceptional circumstances you encounter. If you can, please do grant yourself the time for rejuvenation—the more you do it, the more it's possible for other colleagues, too. So much of this profession is about taking in others' stories. Yet oncology healthcare providers also hold expert knowledge in their own bodies, and the stories they carry can be **of benefit to themselves and others**. You may wish to reignite your passion for working with patients, even in the face of bereavement and other challenges, or you may wish to simply **reconnect with yourself**, and the reasons you do what you do. Appropriate for **all people's physical abilities and energy levels**, especially after a busy day.



Workshop Leaders:

Marie Garlock is a facilitator, dancer, story-performer, and PhD Candidate in Performance Studies and Health Communication at UNC-CH. She partners with people facing stage 4 cancers—current/former patients, care providers, health professionals, and people facing grief—providing programming for stress management, health advocacy, and creativity. She leads workshops in clinical and community settings worldwide, and is honored to collaborate at Duke Hospitals. (<http://itisinyou.org>)



Rev. Stacy Grove is a sound healing musician, interfaith minister, and hospital chaplain who has offered music to people throughout the world using instruments designed to promote healing in the physical and spiritual body. Stacy directs Heart-Space Spiritual Resources, committed to serving persons who face illness, grief, and isolation, through crosscultural community capacity-building and interfaith outreach. (heartspacespiritualresources.org) —>More on InterPlay: interplay.org, interplaync.org

Tea and cider provided