OPENING REMARKS

NEW ENGLAND 2020 GRAPHIC MEDICINE CONFERENCE

SPONSORED BY THE MCPHS UNIVERSITY CTR. FOR HEALTH HUMANITIES
with Support from NNLM NER

MARCH 26 2020

48 HOURS PACKED!

WELCOME, FRIENDS!

ALL OF US ARE FEELING SOME DEGREE OF STRUGGLE

KINDNESS

WE ARE HERE IN A PANDEMIC

A. DAVID LEWIS
NEG M Co-Host

THANK YOU FOR STAYING HOME TO BE HERE TONIGHT! AND THANK YOU FOR STAYING HOME!

SARAH LEVIN-LEDERER
NEG M Co-Host

USE THIS TIME TO HEAL

GRAPHIC MEDICINE...
CAN FUNCTION AS AN INFORMATIONAL, INSTRUCTIONAL, EXPRESSIVE, RESTORATIVE, ORGANIZATIONAL, OR NARRATIVE RESOURCE....

RICHARD KAPLAN

Dean, MCPHS U. Library + Learning Resources

MICHAEL SPOONER

Dean, MCPHS U. School of Healthcare Biz

Co-Director, CHH CAROL-ANN FARKUS

#NEG20

NEW GALLERY OF GRAPHIC MEDICINE
at MCPHS

GRAPHICMEDICINE.ORG WEEKLY MEETUP "DRAWING TOGETHER COMING SOON!"

Sketch Notes by SUNDY BARTHOLOMEW • beezink@tds.net
MAKING MENTAL HEALTH COMICS

LIZ BOLDUC
AKA-“LIZ SUX”
TWITTER: LIZ SUX

THE WAY HER OWN CHARACTER IS DRAWN IN A COMIC CHANGES DEPENDING ON THE TYPE OF COMIC (IE: AUTOBIO)

BETH BARNETT
TWITTER: TheBethBarnett
From S. NH → college in Boston → Masters in SCOTLAND.

DAILY DIARIES - I HAND SOME TO EACH NEW THERAPIST!
I TELL STORIES FOR MYSELF - FIRST.

HEROS, HEALTH & HISTORY

DRAW FOR YOURSELF
BUT HARD TO DRAW IT WHILE IT’S HAPPENING...

I COULD CONTROL MY OWN NARRATIVE THRU COMICS

DOCUMENT EVERYTHING ABOUT THE PANDEMIC

I'M HONEST - I DON'T TRY TO MAKE MYSELF LOOK GOOD
MY HUSBAND HAS FULL VETO POWER!

THE WAY SHE TELLS HER STORY CHANGES DEPENDING ON THE TYPE OF COMIC (IE: AUTOBIO)

I’VE MADE BAD COMICS...
DRAW FROM MY OWN PERSPECTIVE...

IN THE FUTURE WILL ANYONE EVEN KNOW WHAT “THE WAFFLE HOUSE INDEX” WAS REFERRING TO?

INTRO TO DRAWING YOUR FEELINGS

Draw about a time you got a minor injury like a splinter or a papercut...

GET STARTED:
- FREEWRITE for a bit
- PICK A FEW SENTENCES OR
- WORD-VOMIT then just... GO!
DRAW 4-6 PANELS

YOU DON'T HAVE TO SHARE WHAT YOU CREATE

LIBRARIES
- BUY COMICS DIRECTLY FROM ARTISTS
- ZINES (DIY COMICS) ARE IMPORTANT TOO

DRAWING AN “ISSUE” AS A COMIC HELPS GET IT OUT.
IT MIGHT NOT SOLVE IT, BUT IT’S A PROCESS LIKE THERAPY.

Notes by Sandy Bartholomew.com
KEYNOTE: BRIAN FIES
#NEG20

2004 - Metastatic Cancer Sketched his mom during a chemo treatment. Put it online... it went viral.
- His mom as an "operation" board game.
- Drowning in a sea of medical jargon
- Dr. Frankenstein's Lab

"We don't remember things as photographs or movies... we remember as comics."
- Larry Gonick

ON MONDAY, OCTOBER 9, 2017, MY HOUSE BURNED DOWN
TOTAL DEVASTATION

PAY ATTENTION... YOU'RE GOING TO BE TELLING THIS STORY

A Fire Story Anyone can make comics. It's the idea that matters. Tell the stories only you can tell!

WEB COMICS OFFER A DIFFERENT EXPERIENCE

50% WORDS / 50% PICTURES N E I T H E R M A K E S S E N S E A L O N E

COVID-19 COMICS at GraphicMedicine.org

ANEWSTATION TURNED THE COMICS INTO AN ANIMATION: Vimeo.com/241621786

WEB COMICS OFFER A DIFFERENT EXPERIENCE

- MOM'S CANCER
- A FIRE STORY
- WHATEVER HAPPENED TO THE WORLD OF TOMORROW?
- THE LAST MECHANICAL MONSTER

"NO ORDINARY FLU"

WHY COMICS?
- Gets to the ESSENCE
- Intimacy + Empathy
- Metaphors + Symbols

WHY GRAPHIC NOVELS?
- INFORMING
- CREATING PURPOSE
- SELF-INTEREST
- ACTION + DISTRACTION
- PATIENT CARE
- BEARING WITNESS

GRAPHIC MEDICINE ISN'T ABOUT PUBLISHING COMICS - IT'S ABOUT MAKING THE COMICS!

NEWSPAPER REPORTER "FAILED" CARTOONIST brianfies.blogspot.com

2010 - SPOKE AT G.M. CONF. IN LONDON

Notes by Sandy Bartholomew.com
ANNALS of INTERNAL MEDICINE

YOU DON'T WANT TO MONKEY WITH YOUR ESTABLISHED REPUTATION

INCLUDE COMICS? WILL IT DUMB DOWN THE JOURNAL?

DARREN TAI CHIAN
PULMONARY+CRITICAL CARE PHYSICIAN, Exec. Editor of AIM

“Missed It” by Thomas Green

“50 Shades of Gray Matter” by Sharon Rosenzweig

“PROGRESS NOTES” by Michael Natter, MD

“DR. MOM” by Grace Farris, MD

“WORKING TO FIND A MENTAL HEALTH BALANCE DURING A PANDEMIC” by William J. Doan

ANNALS.org
graphicmedicine

COVID-19 COMICS and GRAPHIC MEDICINE

PANDEMIC—NOT “IF” BUT “WHEN”

ALICE JAGGERS
THEMES
EDUCATION ETHICS CARE PATIENT HUMOROUS HISTORICAL INTROSPECTIVE NARRATIVES COPING PERSPECTIVES INSIDER VIEW LAUGH AT SELF

KIDS Comics are a GATEWAY... but GM Comics are now ACCEPTED

#NEGM20

JOY of Medicine
ENGAGEMENT
WASH HANDS

Antibiotics
Viral
Over-Sanitizing Super Bugs

GRAPHICMEDICINE.org/covid-19-comics/ (links to comics)

Notes by Sandy Bartholomew.com

MARCH 27, 2020
NE Graphic Medicine Conf • DAY 2
Drawing Through Depression & Cultivating Healthy Artistic Practices

1. Creative Expression as Art Therapy
   Dissuishment + Overwhelm
   * Fill a sketchbook...Quantity not Quality! Just fill it.!
     A. Journal - feelings
     B. Tiny sketches of feelings - Metaphors
   Vomit...Detangle...Experiment
   * Scribble + Fingerpaint + Collage
   * Sing + Dance + Sew + Garden
   * Draw + Music

   Add Some Hope

   Now everyone can experience what it's like to be a highly sensitive person!

   The Art No One Cares About

   Laura Lee Gulledge
   Twitter: @WhoIsLauralee
   WhoIsLauralee.com
   Watch the recording of this talk on Facebook

2. Make a Self-Care Plan
   Not frivolous...Take control of YOU
   Take care of yourself so you can help others

   Mindfulness
   Contemplative Practices...Grounding
   (download handout from website)
   Physical
   * Hugs
   * Sleep
   * Weighted blanket
   Emotional
   * Introvert recovery time
   * Singing
   * Health plan
   Mental
   * Plan the week
   * Journaling
   * Limit news

   What Do I Need?
   Health
   * Medical lists
   * Vitamins
   * Food
   Red Flag Rituals
   * Incense
   * Breathing

   Support
   * Family
   * Art Friends
   * Ancestors
   * Magical helpers

   Stress Warning Signs
   * Insomnia
   * Melancholia
   * Pain
   * Eye contact
   * Isolated

   Share It!

3. Activate Artner Love
   Isolation, Introversion
   "Artner" = an ART-Partner
   Jealousy, intimidation can be signals of an "Artner" to befriend.

   Artner-ship
   * Healing - stay healthy
   * Connection - ease isolation
   * Flexibility - be open-minded
   * Success - redefine biz model
   * Whimsy - setting healthy limits

   Keep it Fun

   Make a Super-Powered Hand-Print for Your Studio!

   * Share your process
   * Ask for Help (+ Offer help)
   * Collaborate ... prompts
   * Skill share

   Notes by Sandy Bartholomew.com
Heart
- Reflecting
- FEELINGS
- processing
- CHILDLIKE

Body
- living LIFE
- HAVING EXPERIENCES
- Physical

Mind
- mental overwhelm
- ARTIST'S OBSESSED
- Turn the EXPERIENCE into a PRODUCT

Spirit
- Share it
- RELEASE the IDEA into the WORLD
- Let it GO

4 MODELING BEHAVIOR
IT'S HARD TO STAND UP FOR YOURSELF

GRAPHIC NOVELS ARE LIKE TOFU. THEY FIT WHATEVER YOU'RE DOING.

A BOOK ABOUT DEPRESSION BUT... WITH HOPE

DEPRESSION
- meditation
- OBSESSION
- therapy
- TRAUMA
- music
- volunteering
- art
-artner love

5 What is GRAPHIC MEDICINE?
- NORMALIZE DISCUSSIONS
- RELATE TO A CHARACTER

FACIAL EXPRESS.

BODY LANG.

Graphic Medicine
READING LIST

Pregnancy
Cancer
rape, bullying
surgery, heart
- breast cancer
- STDs
- Anxiety
- i.d., relations.
- manic depr.
- eating disor.
- teen hell, i.d.
- bi-polar, phar. family addict.

KID GLOVES • Lucy Knisley
WHEN DAVID LOST HIS VOICE
SPEAK • Laurie H. Anderson
STITCHES • David Small
THE STORY OF MY TITS • Jen Hayden
BLACK HOLE • Charles Burns
GUTS • Raina Telgemeier
FUN HOME • Alison Bechdel
MARBLES • Ellen Forney
LIGHTER THAN MY SHADOW • K. Green
SPINNING • Tillie Walden
RX • Rachel Lindsay
HEY, KIDDO • Jarrett Krosoczka

BUY ALL HER BOOKS ONLINE at: www. who is Laura Lee .com

WATCH this WORKSHOP (RECORDED)
ONLINE at: FACEBOOK.com/Lauraleegullede

NE Graphic Medicine Conference Day 3

Notes by Sandy Bartholomew.com
**MINDING Graphic Medicine’s RISE**

**Mar 28**

**GRAPHIC MEDICINE and CANONIZATION: ARE WE ON A WORRISOME PATH?**

**GM MANIFESTO**
- 2010 → GM Explosion
- Now, established

**ONLY 12 COMICS ARE BEING USED BY INSTITUTIONS + ACADEMICS**

**SCHOLARS**
- Already written?
- Formats? Zine...?
- Are the comics available?
- Who is your audience?
- Can they get your work?

**LIBRARIANS**
- On display?
- Change purchasing
- Social media?
- Recommending? to teachers? to reader’s advice?

**CREATORS**
- Send to GM.org for review

**EDUCATORS**
- Assigning comics?
- Format variety?
- Multiple perspectives?
- Give students choice

**THINK MORE BROADLY**

**KEEP TELLING YOUR STORIES**

**STAY IN TOUCH ESPECIALLY WITH LIBRARIANS**

**MARIA PHOTOINAKIS Cartoonist**

**CREEPING DREAD**

**BUILDING RESILIENCE AND HOPE**

**Dialog Around CLIMATE CRISIS and CLIMATE ANXIETY**

**#1 Let’s talk about how we feel.**

**#2 Let’s make space for mental health.**

**APA 2017 “Mental Health & Our Changing Climate”**

**FEEL ALONE**

**AKA - CLIMATE GRIEF + ECO-TRAUMA**

**Sarah Glidden**
- Personal narrative
- Superhero poetry

**Nausicaa**
- Science fiction
- Educational
- Graphic novel

**COLLECTIVE ACTION!**

**ACTION is the antidote to DESPAIR – Joan Baez**

**WHO’S NOT IN THE ROOM?**

**WHO IS IN THE ROOM?**

**HOW ARE THEY SHOWN?**

**VISUAL SHORTHAND**
- Lab coat
- Clipboard
- Stethoscope
- White nurse cap
- Sitting behind a desk
- Man in scrubs pushing a wheelchair

**162 COMICS**

**I LOVE PEOPLE + PERSPECTIVES**

**CATHY LEAMY**

**FRONT DESK STAFF**
- Shown as “lashers”
- Little dialogue or personality
- Ian William’s book: “Bad Doctor”
- Cathy’s Book: “Little Bitty Great Big Barriers to Healthcare”

**www.metrokitty.com**

**Twitter: @metrokitty**

**EMAIL: Matthew.Noehms.harvard.edu**

**HARVARD'S GM Collection: bit.ly/HarvardGM**

**#NEGM20**

**Notes by Sandy Bartholomew.com**

**NE Graphic Medicine Conference**

**Day 3**
INTERSECTIONS
WITNESS, ABSENCE, TRAUMA and PROCESS

PATIENT CREATED NARRATIVES AS ALTERNATIVE MEDICAL RECORD

TRAUMA TABOOS
BEAR WITNESS
HEALTH JUSTICE

TRAUMA NARRATIVES, PUTTING THE "GRAPHIC" IN GRAPHIC MEMOIR

EMDR TAPPING BRAINSPOTTING

LEFT RIGHT
icons realistic

GETTING UNSTUCK
compost

DONT SHARE YOUR TRAUMA STORY until YOU ARE READY for ATTENTION FROM OTHERS

#NEGM20
NE Graphic Medicine Conference DAY 3

holistic personal narrative
documents mixed w/personal experience
witness perspective
medical bills
personal testimony

PARTNERSHIPS BETWEEN ARTISTS and PROVIDERS, PATIENTS, SURVIVORS...

PTSD is a DISORDER
Alters formation of MEMORIES
Effect on the BRAIN
Integrate/desensitize COMICS brain
Healing therapies
HEALING modality
SWITCHING
Silence = Isolation
Public TESTIMONY
When we are TOO MUCH
Ethics of AUTOBIO
Compost Metaphor

PHOEBE COHEN (MD)
BLACKOUT STARING UNRESPONSIVE Sudden FALLS JERKING CONVULSIONS

KAREN E. ROEHR (UMass Lowell)

Cystic Fibrosis
Somer Love
love.tobreathe.com

DIABETES
MENTAL HEALTH

CF is like... BREATHING thru A STRAW while CLIMBING STEPS WITH A LOAD OF LAUNDRY.

The YOUNG ADULT NEED FOR GRAPHIC MEDICINE

CHRONIC ILLNESS
FAMILY COMMUNITY FRIENDS

Call the Police!

EPILEPSY and LAW ENFORCEMENT

MEDICAL or CRIMINAL?
DANGEROUS RESPONSE
MISINTERPRETED SEIZURE...Full/Partial
EPILEPSY...all ages
STROBES → Seizures
DEPRIVED of medication
Perceived as "DRUNK"
OXYGEN deprivation
POSTICTAL

AWARENESS and DEPICTION of EPILEPSY
-very little information
-"weird" behavior not recognized = partial seizure

I'VE GOT YOUR BACK!

6 Feet APART!
PUSHING Boundaries

DIAGNOSING the INVISIBLE:
Grant Morrison's The Invisibles and the Ontology of Graphic Medicine
- AUTOBIO ≈ fictional
- MEMORY ≈ BIAS ≈ LIES
- MISSING Information
- SURREALISM
- EXAGGERATION

The MEDICAL GAZE
- NEAR DEATH EXPERIENCES
- DIAGNOSIS ≈ Panels
- the MEDICAL GAZE

Autobiofictionography

HUMANISM & the PREMEDICAL REALM:
An Exercise in Graphic Medicine
- A COMIC + RESEARCH PAPER HYBRID
- WHAT OPPORTUNITIES ARE AVAILABLE FOR PRE-MED STUDENTS TO EXPERIENCE HUMANISM?
- 20 Pre-Med Students
- MUST BE ANONYMOUS
- METAPHORICAL NARRATIVES
- RIGIDITY of Pre-Med PATH
- DISCRIMINATORY DESIGN = Roads, Paths, Pitfalls
- SOCIALIZATION FOR = Traffic, Lanes, Detours
- (In)FORMAL OPPORTUNITIES = Help, Volunteer

IS IT A RESEARCH PAPER or a COMIC?
- ACCEPTED by the ANNALS of INTERNAL MEDICINE
- BUT they got the © - and all FUTURE PROFITS

PUTTING LIVES INTO BOXES and SEEING WHAT HAPPENS.

I'M GOING TO CHOP UP YOUR TEXT!

HUMANS ARE ALWAYS CHANGING the STORY

humanism n.
- a belief that human needs and values are more important than religious beliefs.

ontol-o-gy n.
- the branch of metaphysics dealing with the NATURE of BEING, existence, + reality.

CHRISTOPHER McGUINNIGLE
SETON HALL UNIVERSITY

NE Graphic Med. Conference DAY 3

Notes by Sandy Bartholomew.com
The OPPOSITE of SILENCE: A DEEP DIVE into a Comic About the AIDS Crisis and the ECHOES of EMPATHY

LIKE THE DIRECTOR'S CUT, BUT FOR A 4-PANEL COMIC
IF THE TEXT CAN DO IT—YOU DON'T NEED PICTURES
I HATE NECKS

J. D. LUNT
Cartoonist/Editor
CCS 2016
@jaydeelunt

ALL ABOUT RELATIONSHIPS
SISTERS OF PERPETUAL INDULGENCE

THE COMIC ORIGINALLY RAN in 7 DAYS NEWSPAPER(vt). IT WAS SIZED TO FIT IN A RECORD SLEEVE.

AIDS CRISIS
FORMER EVANGELICAL CHURCH MEMBER
“YOUR RECORD AT THE THRIFT STORE” ADAPT THE WHOLE SONG? FLIPPING THRU THE STACKS
SO MANY BAROQUE ALBUMS CLASSICAL RELIGIOUS SAINT FOR ALBUM COVER COLUMBIA RECORDS—THELONIUS MONK CAPTURE SAN FRAN ATMOSPHERE

GROWN UP IN SAN FRANCISCO CHICK TRACTS EXPOSURE (anti-gay, religious)
MAIN-STREAM CREATORS SHOWED DIFFERENT VIEW PELICANOPOLIS album pelicanopolis.bandcamp.com GRENO COFFEE-VOX STRIP AWAY THE SONG—WRITER’S STORY AND ADD THE CARTOONIST’S

LESS OPAQUE COLORS OVER GRAY WASH LAYER. (Digital)
HAND-TRACED THE SIGN TO FIT STYLE
RECLAIMED FROM THE NAZIS (FLIPPED OVER)

SILENCE—DEATH
#NEGMA20

NE Graphic Med. Conference DAY 3

“YOU can’t GET MORE SUBVERSIVE, RIGHT NOW, than being EMPATHETIC.”

Notes by Sandy Bartholomew.com