

OUTREACH KIT

SHAME IN MEDICINE: THE LOST FOREST

10-part documentary podcast series
begins September 13, 2022



Series Illustrations: Beppe Conti

SHAME IN MEDICINE

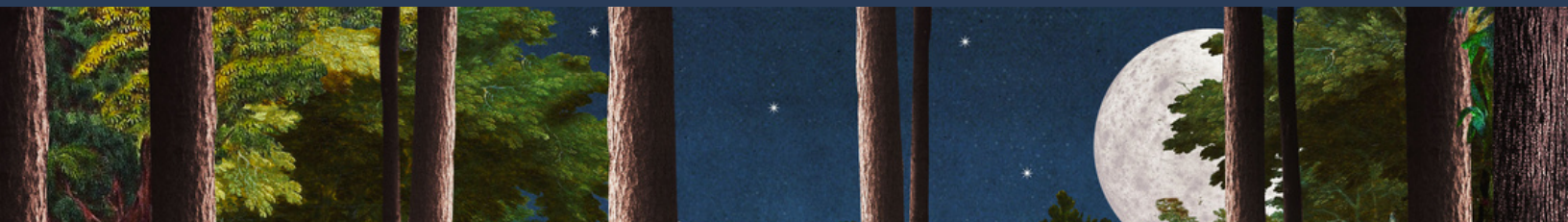
Shame is everywhere in healthcare, but remains unnamed and unaddressed. While shame is a primal and pro-social emotion that can sometimes be appropriate and constructive, medicine's unrealistic standards have resulted in a widespread and debilitating culture of shame across the field. This contributes to a broad range of negative outcomes among clinicians including burnout, depression, suicidality, impaired empathy, diminished physical wellness, and unprofessional behavior — all challenges that have intensified during the pandemic.

Despite the destructive effect that shame is having among clinicians, almost no research or public storytelling exists about shame in healthcare. Without understanding how shame manifests in medical culture, we cannot address or heal from the harm it causes.

Shame in Medicine: The Lost Forest is a 10-part documentary podcast series produced in partnership with the Shame and Medicine project at the University of Exeter. Drawing on the stories of over 200 healthcare workers across the US, the UK, and beyond, this series gives voice to unspoken truths about medical culture, and draws important connections between those truths and the impaired wellness of clinicians and patients.

The goal of the series and its associated impact campaign is to:

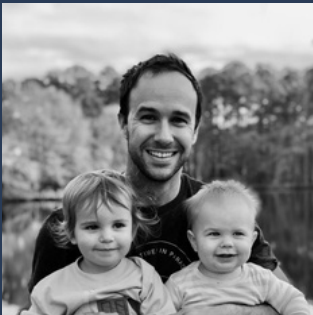
- Create a forum where clinicians can share their shame experiences, which itself helps dissipate shame and builds a sense of catharsis, community, and belonging
- Offer a shared vocabulary to help clinicians recognize when they are having a shame reaction, along with tools and frameworks for how to manage that reaction
- Imagine a new medical culture that is grounded in health, support, and belonging



PRODUCTION TEAM



Emily Silverman is an internal medicine physician at UCSF and Founder of The Nocturnists. Her writing has been supported by MacDowell and published in *The New York Times*, *The Virginia Quarterly Review*, *JAMA*, *CHEST*, *McSweeney's*, and more. She was awarded Honoree of the Yerba Buena Center for the Arts' 100 List in 2020 and named by Podcast Magazine as one of the top "40 Under 40 in podcasting" for 2022.

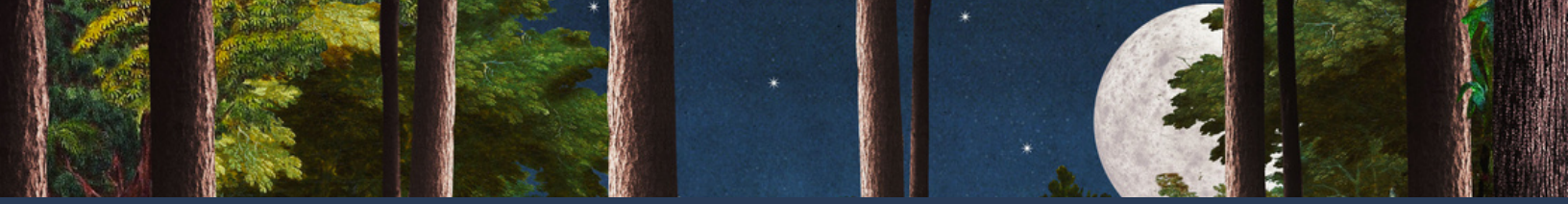


Will Bynum is a Raleigh-based family medicine physician practicing and teaching at the Duke University School of Medicine where he is a residency program director and advisor to the Medical Student Wellness Committee. Will is completing his PhD in Health Professions Education at Maastricht University and researches the role of shame in medical education. Will created The Shame Conversation, a resource hub to advance discussion and awareness of shame in medicine.



Luna Dolezal is an academic philosopher based at the University of Exeter. Her research is primarily about understanding lived experience, emotion and embodiment and how these intersect with social, political and institutional frameworks. Luna is a passionate shame researcher and currently runs a research project called Shame and Medicine, which looks at the role of shame in health and medicine.

Host & Co-creator:	Emily Silverman, MD
Co-creators & Research Leads:	Luna Dolezal, PhD & Will Bynum, MD
Producer, Editor & Audio Engineer:	Sam Osborn
Producer:	Molly Rose-Williams
Additional Producing:	Adelaide Papazoglou
Production Coordinator:	Penelope Lusk
Medical Student Producers:	Corinne-April Iolanda Conn, MPH & Nikhil Rajapuram, MD
Impact Campaign Mgr & Asst Producer:	Carly Besser
Executive Producer:	Alison Block, MD
Chief Operating Officer:	Rebecca Groves
Exeter Team Coordinator:	Alice Waterson
Series Illustrator:	Beppe Conti
Music:	Blue Dot Sessions



PARTNERS & SPONSORS



The Nocturnists is an independent medical storytelling organization that has uplifted the voices of over 350 clinicians since 2016 through our sold-out live performances and award-winning podcast. Founded by physician Emily Silverman, our mission is to humanize healthcare, augment clinician wellbeing, and transform medical culture.

PARTNERS



Shame and Medicine is an interdisciplinary research project that is based at the University of Exeter and the University of Birmingham, with a collaboration with a clinical partner at Children’s Health, Ireland, in Dublin. The overall aim of the project is to research the role of shame in various aspects of health and medicine, including clinical practice, patient experience and medical student education.

THE SHAME
CONVERSATION



The Shame Conversation project was developed and conceptualized by Will Bynum, MD, Associate Professor of Family Medicine at the Duke School of Medicine and shame researcher. The primary goal of the project is to inspire, guide, and motivate others in healthcare to share their experiences with shame to change the culture of healthcare.

SPONSORS





MEDIA ASSETS

SUGGESTED SOCIAL MEDIA COPY

(Please feel free to write your own)

- Shame is everywhere in healthcare, but remains unnamed and unaddressed. The Nocturnists' new 10-part documentary podcast series *Shame in Medicine: The Lost Forest* aims to break the silence about shame in medical culture through intimate stories told by healthcare workers from across the globe. Listen at thenocturnists-shame.org.
- What is shame? And how does it manifest in medical culture? The Nocturnists' new 10-part documentary podcast series *Shame in Medicine: the Lost Forest* explores the tension between who we are and what the profession expects of us. Listen at thenocturnists-shame.org.

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Series Website: thenocturnists-shame.org

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