



CENTRE FOR PERSON-CENTRED CARE
GPCC



VÄSTRA
GÖTALANDSREGIONEN
SAHLGRENKA UNIVERSITETSSJUKHUSET



Gothenburg Pain Lab

Innovative, person-centred pain research. From high-tech to low tech



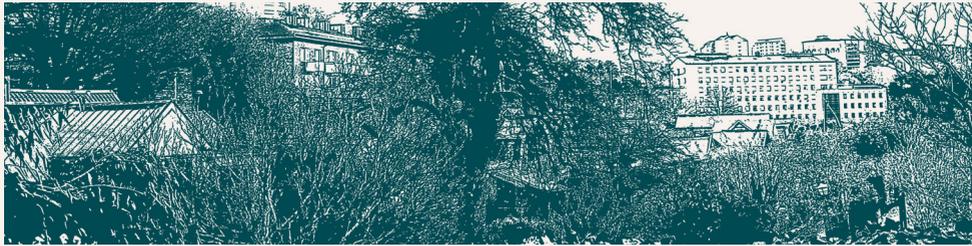
Photo Essay Report

Co-creative Healthcare and Research: Shifting mindsets from mechanistic to creative



From left to right: Balbir Singh, Dila Demir, Birgit Heckemann (moderator), Mark Johnson

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About

A seminar with international speakers, lectures and workshops
18th, 20th & 21st November 2024

Organised and supported by

The Gothenburg University Centre for Person-centred Care; the Department of Anaesthesiology and Intensive Care, Östra Hospital, Gothenburg; and the Research Network Gothenburg Pain Lab

Presenters

- Prof Mark I Johnson, Professor of Pain and Analgesia, Leeds Beckett University, Leeds, UK
- Dila Demir, PhD, Artist and Researcher, Estonian Academy of Arts, Tallinn, Estonia
- Balbir Singh, Artistic Director, Balbir Singh Dance Company, Leeds, UK

The three days event attracted **participants with diverse backgrounds** including nurses, nurse anaesthetists, psychologists, social workers, physiotherapists, occupational therapists, communicators, patient representatives, researchers, managers, practice developers, etc.

18th November (25 Participants)

Transforming Perspectives on Pain: Flipping, Unmasking, and Rethinking our Approach

Prof Mark I. Johnson, Professor of Pain and Analgesia at Leeds Beckett University, UK

Creative Treatments - Dissolving the Gap Between Participant and Artist

Balbir Singh, Artistic Director, Balbir Singh Dance Company, Leeds, UK

Rethinking Chronic Conditions: Creative Practices for Diseased Bodies

Dila Demir, PhD, Artist and Researcher, Estonian Academy of Arts, Tallinn, Estonia



Presentations at Östra Sjukhuset - Sahlgrenska University Hospital (18th November)



Highlights

"The possibility to discuss the seminar with the speakers"

"The whole day was very interesting and insightful, Mark's presentation in particular was fun and full of energy, making complex ideas accessible"

"All three lectures - and the way they interacted with each other. Brilliant speakers - and just lovely to get to speak to them during lunch and fika as well!"

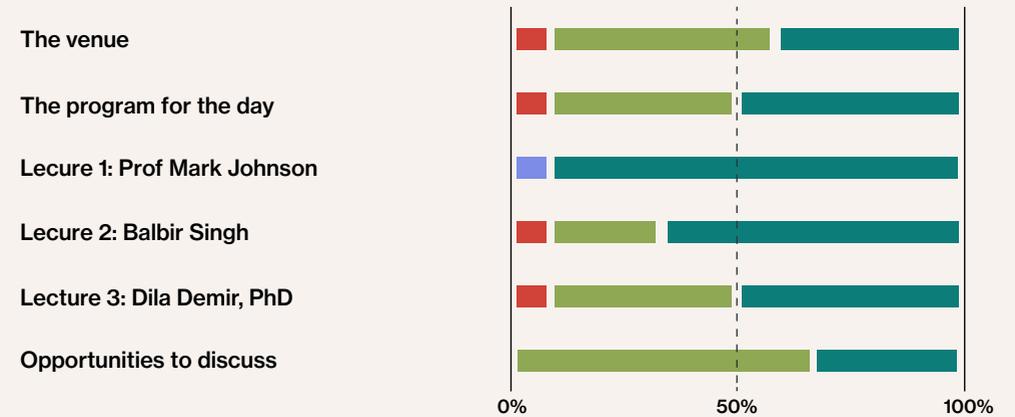
"I am very satisfied with the day. It gave me new perspectives on how to work with chronic pain. All three presentations provided insights into the complexity of chronic pain and highlighted that there are alternative methods for treatment"

Suggestions

"Sometimes it was little bit fast and taking pictures with your phone takes away your concentration from the speaker and their subject"

How well did the day met your expectations regarding

● Exceeded my expectations ● Met my expectations ● Fell below my expectations ● Not applicable



Workshop 1 – 20th November (16 Participants)

Making Pain Creatures: Towards Eliciting Bodily Experiences through Creative Tools

Dila Demir, PhD, Artist and Researcher, Estonian Academy of Arts, Tallinn, Estonia



Workshop 2 – 20th November (16 Participants)

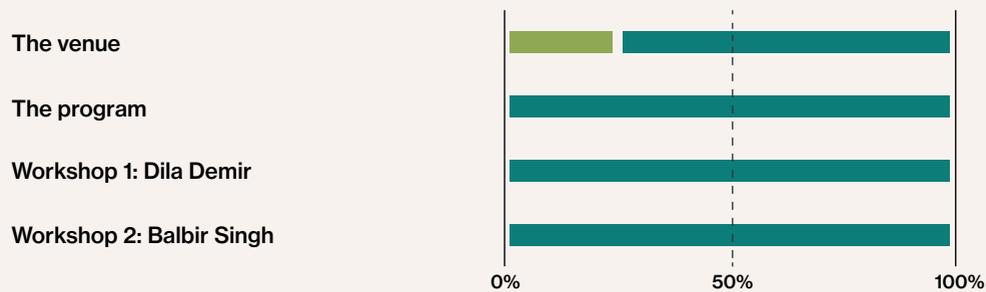
Understanding and Expressing one's Experience of Persistent Pain Through a Creative Mindset

Balbir Singh, Artistic Director, Balbir Singh Dance Company, Leeds, UK



Workshop with Balbir Singh and Dila Demir, PhD

● Exceeded my expectations ● Met my expectations ● Fell below my expectations ● Not applicable



Highlights

"Expressing oneself artistically is liberating and revitalizing"

"Hearing from others who think the same as me but also sharing lots of ideas that we can use in our interventions with patients was wonderful"

"Hard to choose just one, I think everything was fantastic! Gaining an understanding of the forces within human creativity and how it can help people suffering from chronic pain. Creative expression can be a way to learn to understand and articulate one's experiences"

Suggestions

"Creativity is a complex concept that can mean different things to different people. It would be nice to have more theoretical depth as well, considering that creative expression from an artistic perspective does not always align with scientific definitions, which would be interesting to explore further"

Workshop 3 - 21st November (9 Participants)

Making Pain Creatures: Towards Eliciting Bodily Experiences through Creative Tools

Dila Demir, PhD, Artist and Researcher, Estonian Academy of Arts, Tallinn, Estonia



Workshop with Dila Demir, PhD

● Exceeded my expectations ● Met my expectations ● Fell below my expectations ● Not applicable



Highlights

"Learned a new method and got inspired as well"

Suggestions

"Future topic: Data collection with similar methods as Dila's"

