

Seeing, Hearing, Becoming:

Using Spoken Word Poetry To Transform Reflective
Practice

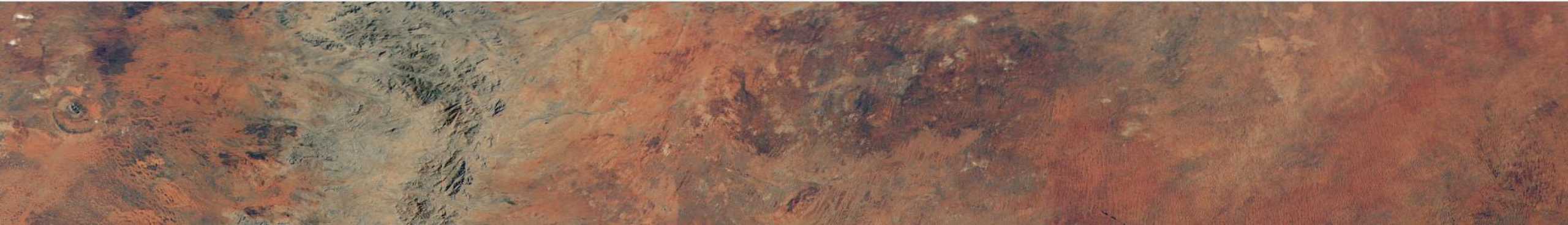
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MBChB

Esther Boyede (Year 3 medical student)

The Approach

Poetic Reflection:

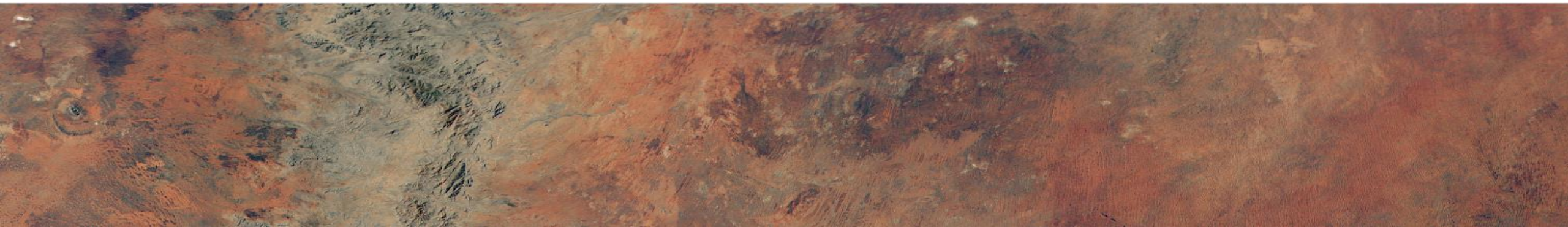
*Using voice, language, body and story
to make meaning from experience*



Poetic Reflection

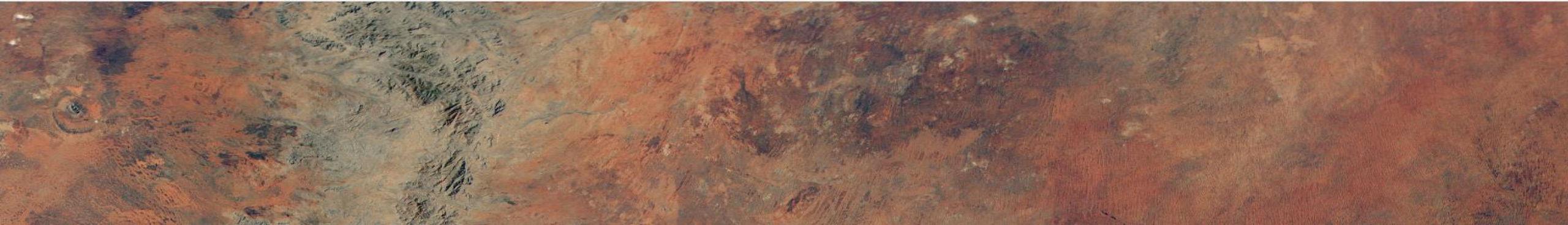
What if reflection could be more than written?

What changes as we we **see**, **hear** and **experience** it?

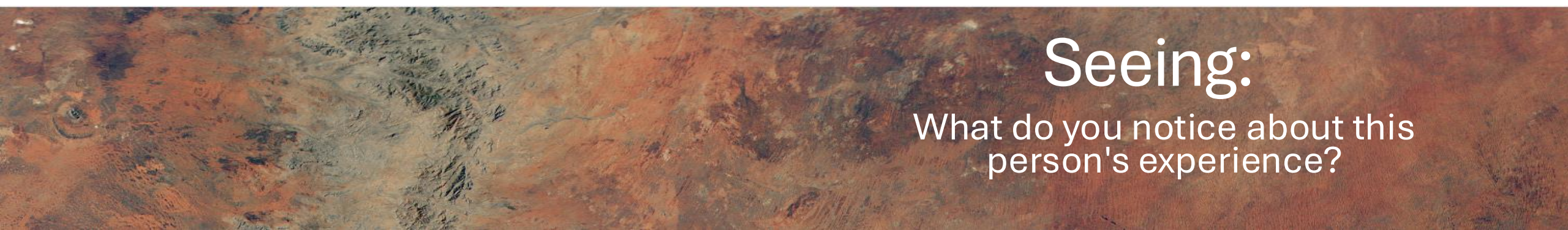


Esther's experience: Beyond the workshop

*“I started to be more reflective in the moment...
viewing the experience as a whole, rather than just the outcome.”*



“This state I’m in is toxic
Noxious gas fills my nostrils
My lungs
These veins
And I’m close to failure.
Liver,
Jaundiced.
But my black skin hides the yellow
And I let no one close enough to see the whites of my eyes
And my long sleeves hide the scratch marks.
I’m a master of disguise
But my mind knows my true state”



Seeing:

What do you notice about this
person's experience?

“This state I’m in is toxic
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Hearing:

What do you notice about this person's experience?

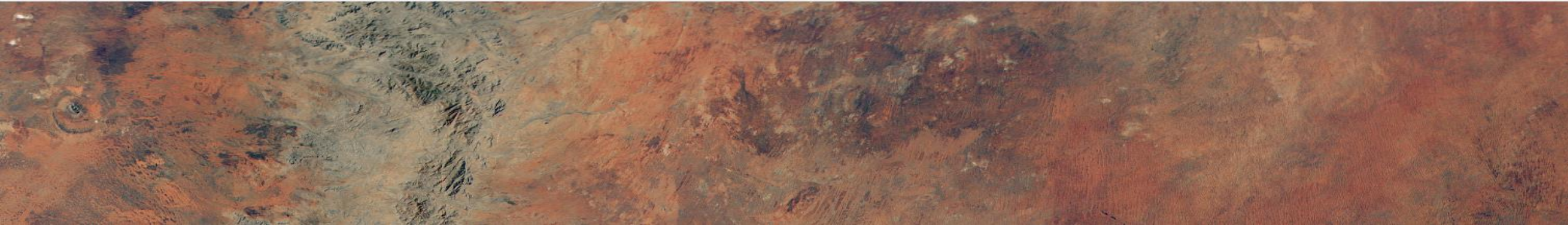
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Becoming:

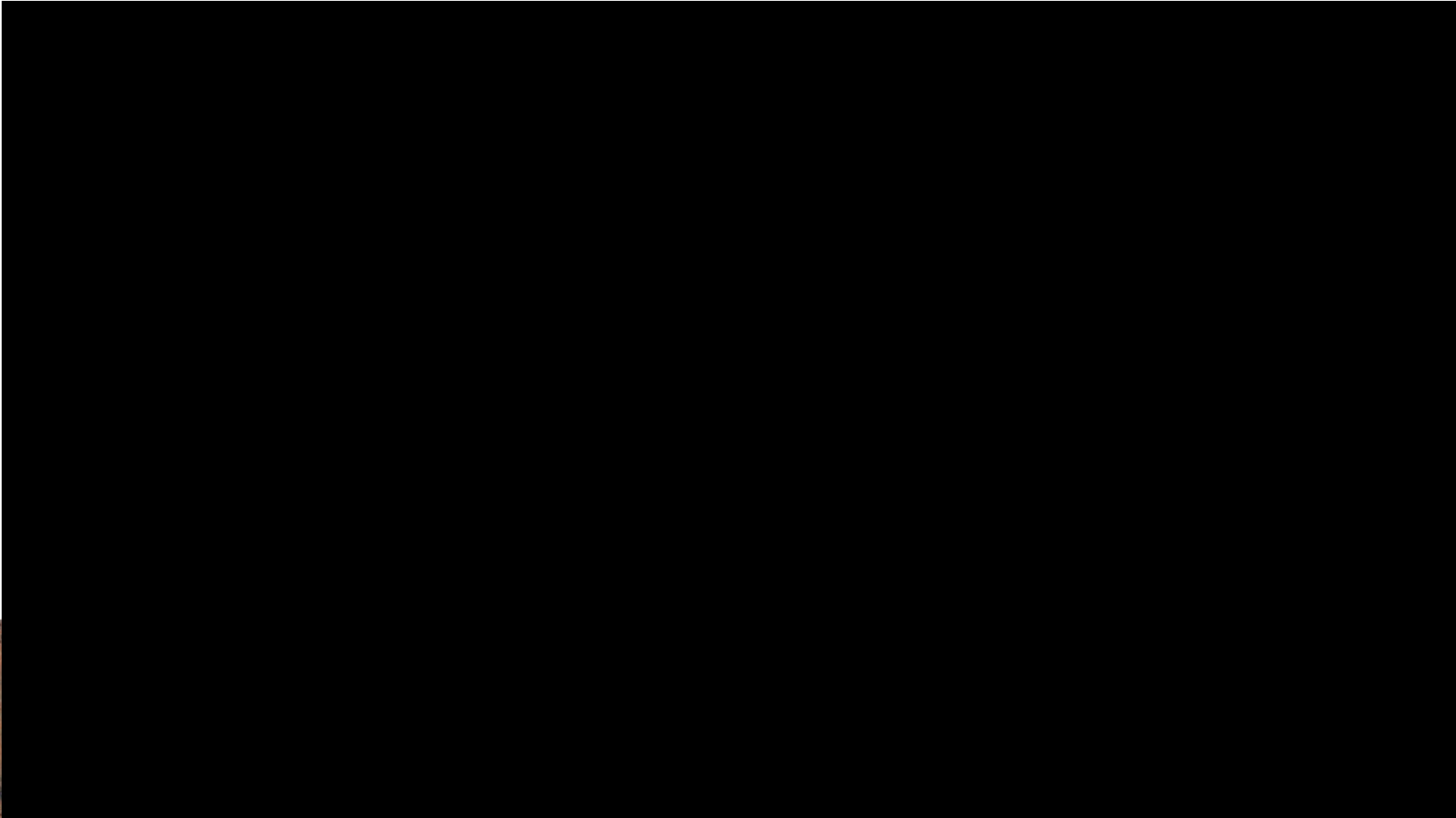
What do you notice about this person's experience?

Poetic Reflection

- Expands how we notice
- Changes how we communicate
- Deepens how we understand ourselves and others



The Student Experience: Esther Boyede



The Student Experience: What Might This Enable

Understand Differently

- “I will definitely consider poetry as a form of reflection.”
- Several students said they wanted to write a poem or poetic reflective piece after the workshop.

Notice Differently

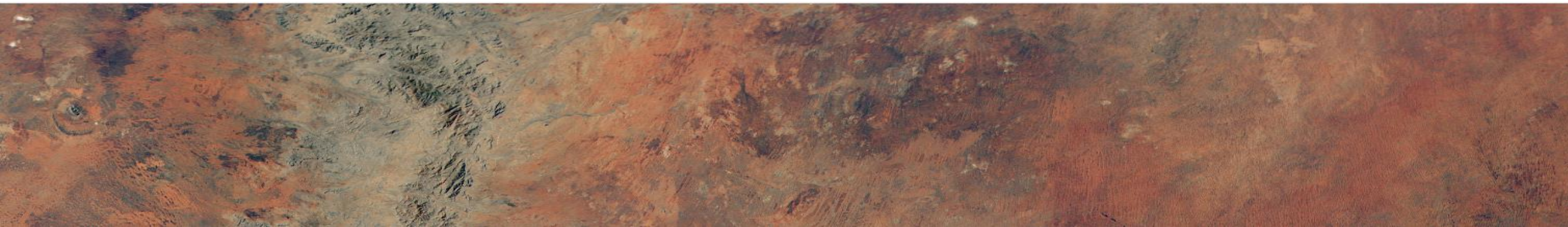
- Slow down and attend to emotion
- Students described wanting to take time to be more in touch with their emotions, reflect on what they thought, and make reflection feel “less of a chore.”

Communicate Differently

- Students connected the workshop to awareness of how words, tone, speed, intonation, body language and emotional emphasis can change meaning.

Bringing It All Together

- More accessible “less of a chore”
- Greater emotional engagement
- Expression of previously unarticulated experiences
- Increased creativity and confidence
- Intended behaviour change into practice

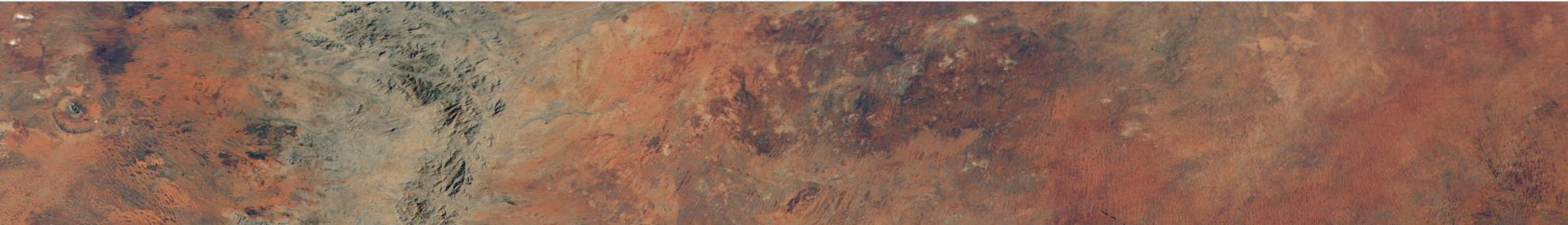


Why This Matters

Communication

Empathy

Psychological Safety*



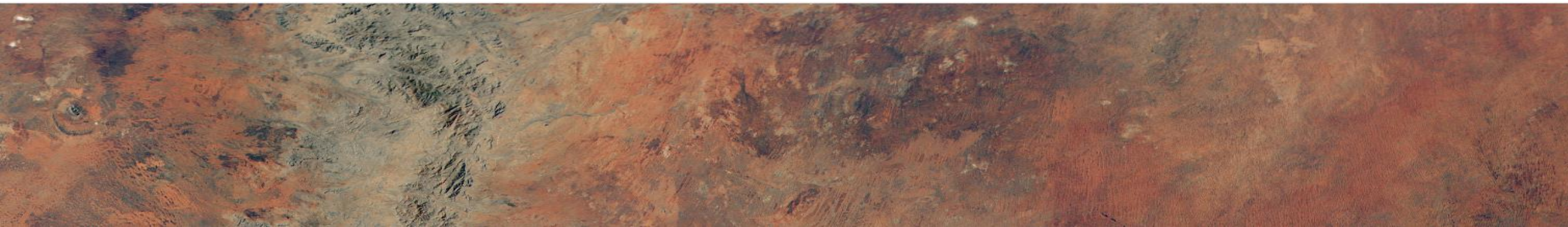
Where Might This Fit

Small group teaching

Simulation /debrief

Student reflection

Staff development



The Big Question

"Not whether this belongs in the curriculum,
but if we can afford not to create a space for this kind of reflection"

