



Join us for ArtMed inSight's MEDICINE AT THE MET

PERCEPTION BEYOND TIME: Mastering Perceptual Skills When You Have Limited Time



Saturday October 21st from 5 to 7.30pm

Learn how to use art to enhance your perception and communication skills in order to strengthen your clinical practice!

*“Fantastic course. Therapeutic, informative and reformative.”
“Very interesting and I think it’ll make me a better doctor.”*

Open to all physicians, physician assistants, psychiatrists, residents, nurses, medicals students, and healthcare professionals across disciplines

Perception Beyond Time: Saturday October 21st, 2017 from 5 to 7.30 pm

In this highly interactive workshop you will enhance your observation and mindfulness skills by examining the many ways time conditions how you see. With the use of targeted art exercises, you will develop strategies to overcome the perceptual challenges inherent in time restricted situations in order to expand your observational expertise. You will also learn how to use looking at art to increase your mindfulness and be more present. In addition, by exploring how your thoughts about the past and your assumptions about the future frame the way you see, you will gain tools to move beyond them in order to perceive vastly more.

Cost (includes museum entrance fee): \$135 per session; \$99 for medical students
Art experience is welcome but not necessary--Location: The Met Museum in NYC

Course leader: **Anna Willieme, MFA**, is the founder and director of ArtMed inSight. She is on the seminar faculty of Columbia University College of Physicians and Surgeons and leads ArtMed inSight programs at leading medical institutions in Boston and New York City. Willieme has also been a lecturer at the Metropolitan Museum of Art for over ten years and is a visual artist with exhibition experience in galleries and public spaces in both the US and Europe.

Space is very limited! To register go to: <https://squareup.com/store/artmed-insight>