

Resources: Spring 2018

By Keenan Whitesides, PT, DPT, NCS

What We're Watching

[Creating Autonomy-Supportive Learning Environments](#)



Image credit: Olin College of Engineering

What is wrong with our current educational system? Why do we so tightly control the environments and choices with learning environments that stifle creativity and ingenuity? In this TED Talk, Jon Stolk, PhD, describes how changing our current education practices can shape the learning process by providing real tools, real choice, and real trust to engage students to feel empowered and encouraged to further their learning. This thought-provoking video has applications not only for the classroom, but for anyone looking to empower learning using a creative new approach.

[My Beautiful Broken Brain](#)



Image credit: Netflix[/caption]

What does life look like following a stroke? Share the journey of Lotje Sodderland as she begins to put her life back together following a stroke at the age of 34. This artistic documentary depicts her experiences dealing with fluctuations in vision, and her day-to-day difficulties of trying to learn to speak again. Following Lotje's story gives viewers a taste of life post-stroke and the physical and emotional struggles she must overcome. Available as a Netflix Original Film.

What We're Listening To

What Matters in the End



Photo Credit: David Yellen

“People have priorities besides just surviving no matter what. You have reasons you want to be alive.”

In this compelling interview between physician Dr. Atul Gawande and Krista Tippet, Dr. Gawande reflects on end-of-life care in the current medical system. Drawing heavily from his book *Being Mortal*, Dr. Gawande challenges his listeners to consider what makes a life worth living as we age. Previous medical interventions have been targeted toward prolonging life at all costs, but what happens when those interventions threaten the quality of the life they strive to save? And who gets to decide? Listen in as Dr. Gawande tackles these tough questions and more, and explores the line between surviving and thriving.

What We're Reading

The Spirit Catches You and You Fall Down

Anne Fadiman (1997)

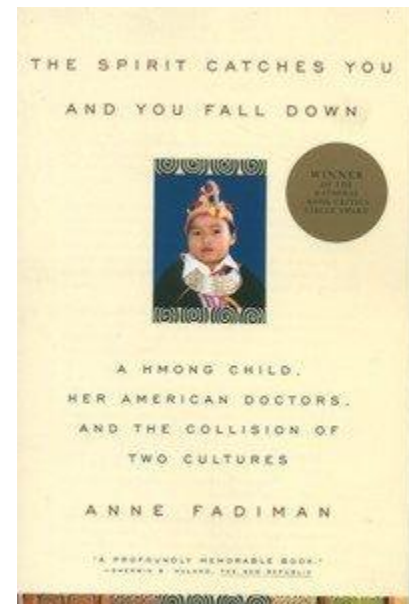


Photo credit: Wikipedia

What happens when members of two different worlds collide? What if their ability to communicate will determine the fate of a child's life? This nonfiction narrative details the true story of 3-year-old Lia Lee, a child of Hmong immigrants who falls ill, requiring medical care in Merced, CA. A series of miscommunications, cultural barriers, and mistrust lead to tragedy for Lia, despite the best intentions of her family and her medical providers. This story highlights the importance of cultural competency and has had lasting effects on the training of doctors, and on medical practice in America.

About the Author



*Keenan Whitesides, PT, DPT, NCS, is a staff physical therapist at the Emory Brain Health Center after completing her neuroresidency at Emory University. Dr. Whitesides received her Bachelor of Science degree in Neuroscience and Behavioral Biology from Emory University, her Master's degree in Secondary Education from American University and her Doctor of Physical Therapy from Duke University. She has previously published some of her work in *The Intima – A Journal of Narrative Medicine*, an interdisciplinary, online journal of narrative writing from Columbia University. She considers writing and reflection an essential component of her practice.*



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