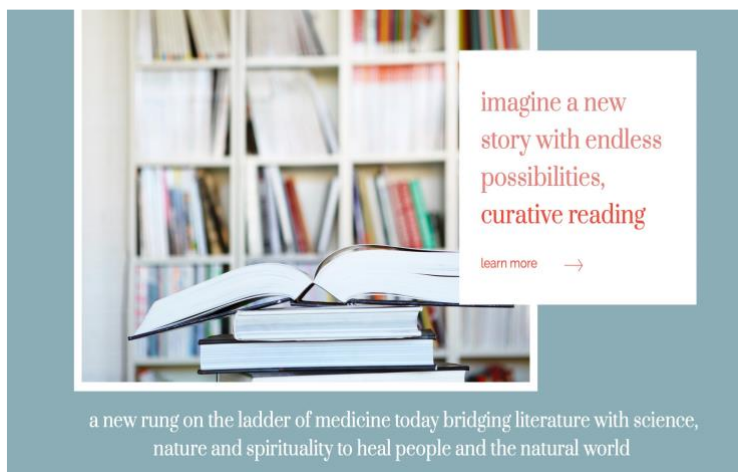


**A Curative Collaboration Presented by Curative Reading to
The Benson-Henry Institute at MGH,
The Dean Center for Tick Borne Illness at Spaulding Hospital,
and McLean Hospital**

This proposal suggests a *Curative Reading Enrichment Program* offered as an 8-week online pilot program to enhance the health of a small group of 10-12 patients at The Benson Henry Institute at MGH, Spaulding Hospital's Dean Center for Tick Borne Illness, and McLean Hospital who are completing a cycle of care (or are on a waitlist) at one of these medical institutions with a clear need for additional support and care.



What is Curative Reading and Who is it For?

Curative Reading is a guided small group reading and learning experience focused on *restorative and adaptive health*. It aims to help individuals adapt to health challenges and regain a sense of meaning in life with a blend of literary fiction, lessons from science and spirituality, and community connection as the catalyst. It teaches the scientific and health benefits of reading, the value of creating deep connections for the brain, body, and overall spirit, and more. While reading a selected text of good literary fiction slowly over time in connection with others, patients spark imagination, enhance empathy, and cultivate curiosity. They also learn the neurobiology and biotics of health. Reading good literary fiction in a guided community enables patients to safely and slowly open a back door to view their own lives—challenges and all—through the lens of story and imagination where they can begin to see new possibilities to heal. As an enrichment offering, *Curative Reading* is not meant to replace therapy and clinical care practices offered from any participating hospital or referring practitioner. It is not for individuals with suicidal ideation, thoughts of harming others, psychotic behavior, or drug addiction.

What is Curative Reading and Who Is it For?

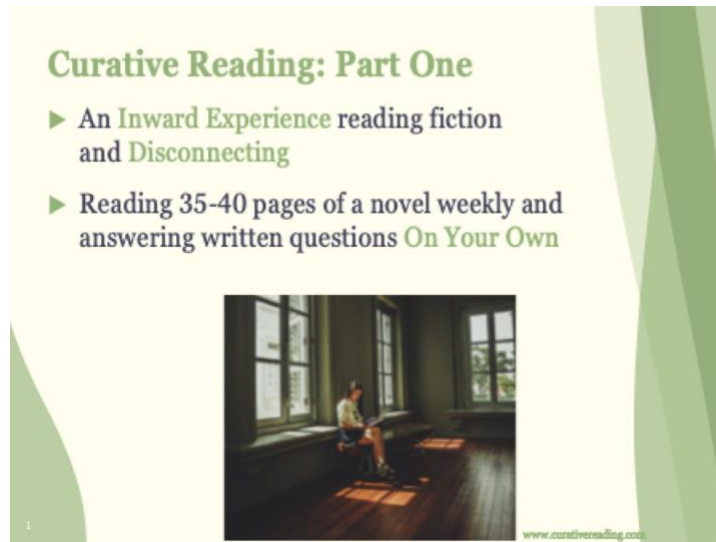
- ▶ A new rung on the ladder of medicine today bridging literature with science, nature, and spirituality to heal people and the natural world
- ▶ Anyone seeking to move through challenging change and transition with the inspiration of good literary fiction while making curative connections with others and opening new pathways to heal

www.curativereading.com

The 8-Week Curative Reading Program

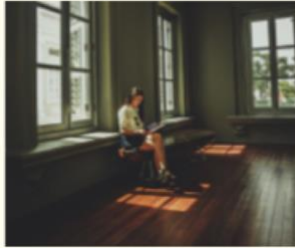
Part One:

An inward experience reading and answering story questions on one's own to capture curative messages, exercise the brain and strengthen connections in a variety of ways through reading and writing.



Curative Reading: Part One

- ▶ An Inward Experience reading fiction and Disconnecting
- ▶ Reading 35-40 pages of a novel weekly and answering written questions On Your Own



www.curativereading.com

Part Two:

An outward experience meeting for eight 75-minute sessions on-line creating connections and building community with up to ten *Curative Readers* at a time. Group gatherings encourage empathy, curiosity and openness.



Curative Reading: Part Two

- ▶ An Outward Experience building community and Connecting
- ▶ Meeting weekly in a small group of 10+ for a series of weeks to Discuss text Spark Imagination and Share Inspiration




www.curativereading.com

Part Three:

A learning experience (presented in weekly online sessions, PowerPoint slides and emails) that comes in the form of a *Curative Reading Prescription* with links to brief articles, soundbites or video clips on physical, emotional and spiritual health. All prescriptions are inspired by story content covering topics in science, medicine, nature, art and more. Programing aims to teach patients new ways to care about themselves, others, and the natural world.

Curative Reading: Part Three
The Curative Reading Prescription

- ▶ **A Learning Opportunity** providing information on wellness related to story content from experts in the fields of medicine, literary-neuroscience, bibliotherapy and more
- ▶ **A Multi-Media Approach** presenting research, articles, videos and soundbites on health



www.curativereading.com

Curative Reading Companion Texts

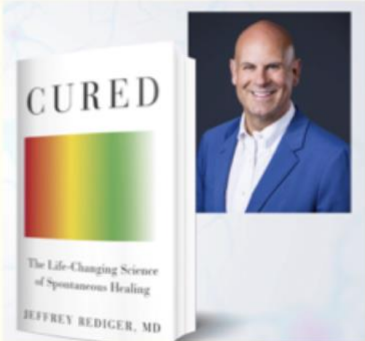
In addition to inspiration sparked by fiction, new health modalities are introduced to patients in *Curative Reading Companion Texts*. These selected texts of non-fiction teach health concepts connected to the story (examples cited below) grounded in medicine, science, spirituality, nature, art and more. Reading companion texts is not required; instead, these texts are taught in small bites weekly to spark interest for future reading on one's own.

The primary *Companion Text* used in the pilot program would be *Cured: Strengthen Your Immune System and Heal Your Life*, a 2020 bestselling book by Dr. Jeffrey Rediger, McLean SE Medical Director.

Following are a few sample health tips taken from *Cured* and inspired by story content:

- If characters are discouraged with failing health, present lessons from chapter 2, *Natural Born Killers* or chapter 8, *The Power of Placebo*
- If characters are demonstrating loneliness or a lack of love, present lessons from chapter 6, *The Healing Heart*.
- If characters are struggling to define who they are or what their role in society can or should be, present lessons from chapter 9, *Healing Your Identity*
- If characters are going through loss and experiencing grief, present lessons from chapter 11, *Healing Death*.

Curative Reading Prescription
The Story of Mr. Wright: The Power of Belief



Click on the speaker below to hear Dr. Rediger read from his new book *Cured* and tell the case study of Mr. Wright's spontaneous remission and the power of placebo

www.curativereading.com

Caring For Ourselves and Others

What do we live for, if it is not to make life less difficult to each other? I cannot be indifferent to the troubles of a man who advised me in my trouble, and attended me in my illness.

—George Eliot, *Middlemarch: A Study of Provincial Life* (1872)

Joining a *Curative Reading* community is not only about the individual. Recognizing that caring for ourselves in the depth of an illness journey can be exhausting and isolating, *Curative Readers* are encouraged to boost their own health by making connections with others. Lessons from *Cured* will teach participants the effects of isolations and loneliness on their health and highlight the value of making healthy connections and caring for others.

The Curative Power of Connection
Dr. Jeffrey Rediger, *Cured*

Click on the speaker below to learn more about how to combat isolation with connection.

www.curativerereading.com

The slide features a book cover for 'CURED: The Life-Changing Science of Spontaneous Healing' by Jeffrey Rediger, MD. The cover has a rainbow gradient. To the right of the book is a portrait of Dr. Jeffrey Rediger, a man with a shaved head wearing a blue blazer. The slide has a light green background with darker green abstract shapes on the right side.

Caring for Ourselves and The Natural World

We six were sworn to the spirit of the stream, and we were friends mainly because of the river.

—Willa Cather, *The Enchanted Bluff* (1909)

A potent ingredient of *Curative Reading* is teaching the value of connecting to the natural world for our health. All selected novels are mined for their references to nature. *Curative Readers* are encouraged to find and share as many references as possible to the natural world that inspire them while reading. They are then encouraged to head out into nature during their week and look for similar signs in real life to boost their sense of wellbeing. By connecting to nature in this way through reading and getting out into it, *Curative Readers* move beyond themselves and uncover a desire to care for the *world body*. *Curative Reading Companion Texts* such as *Forest Bathing* by Dr. Qing Li, or *Finding The Mother Tree* by Suzanne Simard, are used to encourage readers to connect to nature for their health.

Curative Reading Companion Text

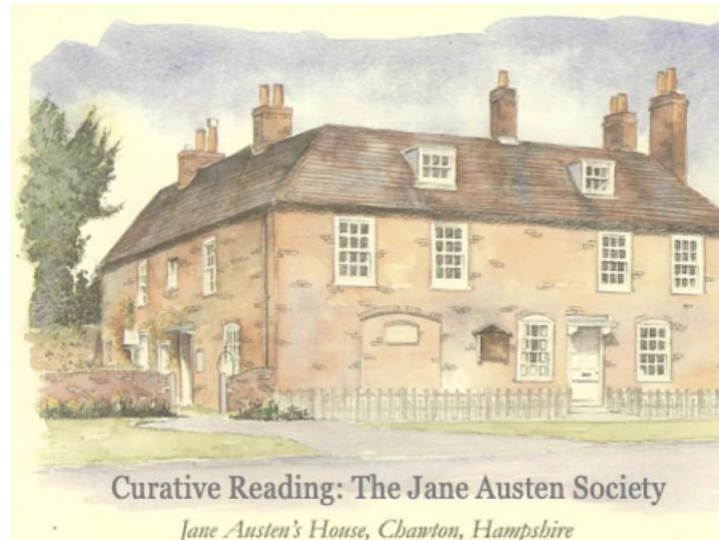
► *Forest Bathing: How Trees Can Help You Find Health and Happiness*, by Dr. Qing Li

www.curativerereading.com

The slide features the book cover for 'FOREST BATHING: HOW TREES CAN HELP YOU FIND HEALTH AND HAPPINESS' by Dr. Qing Li. The cover is white with green foliage and a tree. The slide has a light green background with darker green abstract shapes on the right side.

Potential Curative Reading Novels For the Pilot Program:

- *The Jane Austen Society* By Natalie Jenner (2020)
- *The Little Paris Bookshop* By Nina George (2013)
- *Ordinary Grace* by Kent Krueger (2013)
- *Charlotte's Web* By E. B. White



About Catherine Brooks, Founder of Curative Reading

Literary Apothecary | Curator | Alchemist | Adapter

Catherine Brooks bridges her longtime experience in mind-body health and hospitality with her own protracted patient experience to enable others to adapt to challenging change of any kind and spark new growth forward for the better. Since 2019 she has guided over 150 sessions of *Curative Reading* in hospital, library, bookstore, and home communities. Her formal training comes from Boston College, The University of Massachusetts, The Ritz-Carlton Hotel Company and The Benson Henry Institute for Mind Body Medicine at Mass General Hospital. She has a B.A. in psychology and has been convening groups for over thirty years with a special interest in therapeutics, group dynamics, and community building. She lives in Boston's Back Bay.

Catherine Brooks
Curator, Literary Apothecary and Founder of Curative Reading (2019)

Longtime experience in mind-body health and hospitality

Skills in restorative and adaptive health built from protracted patient experience

Facilitation of two Curative Reading workshops at Spaulding Hospital in 2020 to 40+ patients

Prior programing experience with McLean and Benson-Henry from 2011-2014
www.curativereading.com

Curative Reading, Curated and Guided by Catherine Brooks - www.curativereading.com – curativereader@gmail.com

The Proposal

- Eight 75-minute weekly online small group sessions
- 10-12 participants per small group session
- Reading a novel slowly over 8 weeks while learning related health tips from science, nature, and spirituality
- Fee - \$2,500 per small group 8-week series
- \$31.25 per patient per session, based on 10 patients, attending 8-weekly sessions total
- Option to run more than one group sessions per week, i.e., Tuesdays 10am or 1pm / Thursdays 1pm or 7pm

Includes approximately 12 hours per week (96 total hours) of research, writing, creative time, and planning to create weekly communications including story questions, Curative Reading Prescriptions, PowerPoint slides, weekly story introductions, and emails.

Sample Doses of Curative Reading

View a short 6+ minute segment of [Catherine Brooks facilitating Curative Reading here.](#)

Listen to a short 2+ minute soundbite to [hear what participants have to say about Curative Reading here.](#)

Learn more about *Curative Reading* by [visiting the website here.](#)



Spaulding Hospital References:

Richard Sanders, Speech Language Pathologist

Dr. John Lowry, D.O.

