

WHERE ARTS MEETS MEDICINE

The future of health care: one where art, empathy, and innovation walk hand in hand.

DISCOVER INSIDE:

INSPIRING INTERVIEWS
FEATURING DR. DIANA FARID
& DR. PETER POULLOS

CREATIVE ARTS & MINDFULNESS
WEEK IMPACT STORIES

SEASON 1 OF *WHERE ARTS MEETS
MEDICINE* NOW STREAMING

EXCITING STORIES AND
COLLABORATIONS

CREATIVE & HEALING ARTS



Sophina McDaniel (Manager of CHA), Mike (Bedside Music Facilitator), and Claudia (Bedside Music Facilitator). Still Image from CHA Video by Jason Leung

New Year, New Moments of Connection

Welcome to the fourth edition of our newsletter. As we begin the new year, we hope everyone is returning from the holidays feeling well, refreshed, and supported. We wish you a year filled with joy, healing, and meaningful moments of connection.

This winter, we're excited to share stories that reflect the heart of our work, from creative healing and community connection to meaningful patient experiences. In this issue, meet [Dr. Diana Farid](#), whose work beautifully bridges medicine, art, and storytelling. You'll also get to know Grace Jin, an artist and medical student at Stanford School of Medicine, whose creativity informs her care, and [Dr. Peter Poulos](#), whose leadership with [SMADIE](#) at Stanford Health Care supports meaningful partnerships with our program.

Looking ahead, discover what's coming up this season, including upcoming spring events, the first season of our podcast *Where Arts Meets Medicine*, and a recap of our Creative Arts & Mindfulness Week event last fall.

Thank you for being part of our growing community as we continue building creative pathways to healing.

*Written and designed by Kyra SyCip
Photography by Kyra SyCip (unless noted otherwise)
Edited by Sophina McDaniel*

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Dr. Diana Farid | Bridging Creativity and Medicine

by Kyra SyCip

Dr. Diana Farid, a distinguished physician at Stanford School of Medicine, has dedicated her career to exploring the intersection of medicine, storytelling, and art. With a background in documentary filmmaking and publishing, Dr. Farid has spent over two decades using creativity to foster health and human connection. Her work emphasizes the transformative power of creativity in healthcare and advocates for a broader definition of healing that includes mental, social, and spiritual well-being.

In her interview, Dr. Farid reflects on how creativity can help redefine healing beyond traditional medical interventions. As she shares, **“Creativity allows us to look at healthcare beyond our traditional definitions in a medical center.”**

Dr. Farid also shared her insights during Stanford Health Care’s Creative Arts and Mindfulness Week last October, where she spoke about her first children’s book, *When You Breathe*. The book celebrates the journey of a single breath and its connection to the world around us, highlighting “...the beauty of our inner workings.” The stunning visuals paired with her writing demonstrate the power of art and imagination.

One creative medium Dr. Farid expressed a desire to see more of within the healthcare space is poetry. She has witnessed its impact firsthand through collaborative projects with students and faculty and hopes to see poetry reach more patients and caregivers within the hospital environment.

Through her innovative and compassionate approach, Dr. Farid continues to shape the growing movement to integrate the arts into healthcare, advocating for a holistic vision of healing that honors the human spirit. We are hopeful and excited to see where future conversations and collaborations with Dr. Farid will lead, especially in creative spaces like art and poetry.

Curious to learn more? Check out our podcast episode featuring Dr. Diana Farid! (Available to listen on [Spotify](#) and [Apple Podcasts](#))



***“Creating a space for
allowing people's
experiences to be heard
can be powerfully healing
in and of itself.”***

- Dr. Diana Farid



Grace | Merging Creative Vision with Medical Training

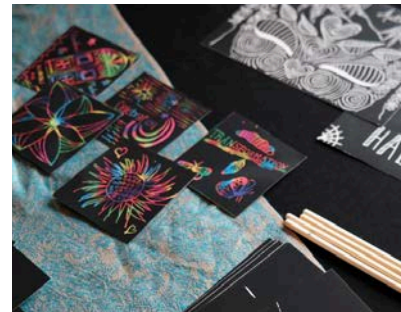
by Kyra SyCip

Grace Jin, a dual degree student pursuing medicine at Stanford School of Medicine and art at the California College of the Arts, seamlessly blends her passion for art and medicine. Raised amidst traditional Chinese art, Grace has been crafting since childhood, which led her to explore art as a form of healing. Her journey to medical school solidified her ability to guide creative practices that connect deeply with community and liberatory healing.

Recently, Grace showcased a stunning nine-panel painting at the Creative Arts and Mindfulness Week last fall, inspired by her grandmother's embroidery. This work reflects her vision of a "divine feminist utopia," embedding personal connections and cultural heritage into her art. Her work not only captivates audiences but also fosters a deeper understanding of the human experience.

As Grace reflects, "**The philosophy that the two practices are connecting, just art and medicine as a laser bearing witness to life and pain and illness and suffering and all the spirituality of it. [...] They really do inform each other.**" Grace continues to inspire with her commitment to integrating art and medicine, paving the way for a more holistic approach to healing.

Learn more about Grace and her work [here](#).



Creative Arts & Mindfulness Week 2025 Recap

by Kyra SyCip

Last October, we celebrated a full week dedicated to the arts and wellbeing initiatives at Stanford Health Care. The event featured a rich variety of experiences, including inspiring talks from faculty members, live music performances and concerts, interactive demonstrations from the [Stanford Chariot Program](#), [Stanford Everyday People](#), and much more.

Throughout the week, we witnessed firsthand the profound impact that the arts have in creating healing environments and fostering connection within our community. We look forward to the next Creative Arts and Mindfulness Week later this fall and can't wait to see how much bigger and more exciting it will be! Stay tuned for more information.

Dr. Peter Poulos | Advancing Disability Inclusion Through Art and Medicine

by Kyra SyCip

Dr. Peter Poulos, a Clinical Professor of Radiology and Medicine in the Gastroenterology & Hepatology department at Stanford, is a passionate advocate for creativity and community in healthcare. As the founder and co-chair of the Stanford Medicine Alliance for Disability Inclusion and Equity (SMADIE), Dr. Poulos has been instrumental in promoting disability inclusion and equity since 2018. He states that, "Self-expression and art are, I think, an essential part of the human experience," and that it is "...in our DNA to want to create and express ourselves."

Under his leadership, SMADIE has showcased the work of artists during the Creative Arts and Mindfulness Week last fall, highlighting the intersection of art and healthcare. This event not only celebrated artistic expression but also fostered a sense of community and belonging among participants.

Dr. Poulos's vision of integrating creativity into the fabric of healthcare is both ambitious and transformative. He is committed to expanding these efforts, seeking to collaborate with other programs to further enhance the role of art in healing. He envisions a future where creative expression is a cornerstone of patient care, providing a platform for voices that might otherwise go unheard. Through these initiatives, Dr. Poulos aims to create a more inclusive and empathetic healthcare environment, where art and medicine work hand in hand to improve lives.

By fostering partnerships with artists, healthcare professionals, and community organizations, Dr. Poulos is advocating for innovative programs that address the emotional and psychological needs of patients. He believes that art can serve as a powerful tool for healing, offering comfort and connection in times of vulnerability.

His dedication to this cause is unwavering, as he continues to advocate for policies and practices that recognize the value of creativity in healthcare. Dr. Poulos's work is paving the way for a new paradigm in patient care, one that embraces the healing power of art and its ability to transform lives.

Want to learn more? Keep an eye out for our upcoming [Where Arts Meets Medicine](#) podcast episode with Dr. Peter Poulos!



"Creating a community is one of the most important and fundamental things we can do."

- Dr. Peter Poulos



Now Streaming: Where Arts Meets Medicine Podcast

Explore the intersection of creativity and healthcare in *Where Arts Meets Medicine*, a podcast from Stanford Health Care's Creative & Healing Arts program. Hear stories from artists, facilitators, and clinicians about how art and music transform the patient experience and foster connection.

Season 1 is now streaming on [Spotify](#), [Apple Music](#), and [Youtube](#). Follow us on [LinkedIn](#) for the latest updates on next our season.



Upcoming CHA Events

- **Sound Bath is on Fridays** – Relax and recharge with our weekly sessions.
 - In-Person: 10:00 AM - 10:30 AM
3rd Floor, Art Rotunda
 - Rounding In Units: 11:00 AM - 5:00 PM
- **Live Music is now on Tuesdays and Thursdays** – Enjoy live performances in the 500P Music Lounge every week!
 - Join us on February 10th at 12:00 PM for a performance by the [Stanford Medicine Orchestra](#).
- Save the date for the **Healing Arts + Annual Survivorship Symposium** (Stanford Cancer Institute) on April 11th.

Healing Through Creativity: Program Video Spotlight



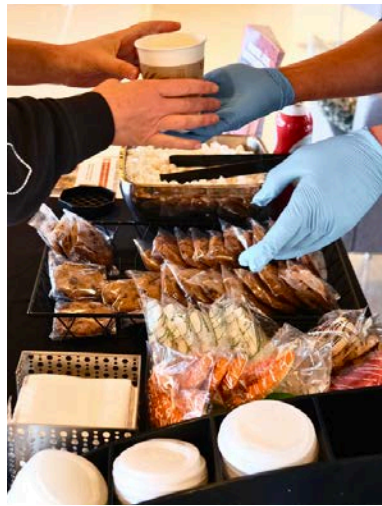
Last fall, we launched our first introductory program video, *Healing Through Creativity: Introducing the Creative & Healing Arts Department*. The video highlights each Creative & Healing Arts program and offers a behind-the-scenes look at how this work supports and impacts patients across Stanford Health Care.

Special thanks to our incredible facilitators for participating and to videographer Jason Leung for collaborating with us on this project.

We invite you to watch, learn, and share the video to support us in our outreach.

To watch, [click here](#) or scan the QR code.





Concluding the Year with Holiday Celebrations

by Kyra SyCip

Wishing you a happy and belated holiday season from the Creative & Healing Arts team at Stanford Health Care, and thank you for your continued support throughout the year.

Last week, we celebrated with a festive holiday concert featuring Christmas songs sung by the *Castro Valley High Alumni Chorale*, along with warm cups of hot cocoa, cookies, and time to gather in community.

Moments like these highlight the power of music to bring comfort, joy, and connection during the holidays.

We're grateful to share this work with you and look forward to the year ahead, continuing to build meaningful opportunities for creativity, connection, and healing across our community. Stay tuned for upcoming events from our program; we would be thrilled to have you join us!

Thank You Notes

As we reflect on the new year and all of the wonderful experiences we shared together in 2025, we are deeply grateful for the meaningful moments with our patients, caregivers, and staff.

This year, our mission is to co-create a connected community, while continuing to inspire creativity and healing throughout our work. We invite you to engage in our mission and participate in our many arts-based services throughout the year.

Thank you for being apart of this journey and an essential part of our community.

Sincerely,
Sophina McDaniel, MPH, CWP
Manager of Creative & Healing Arts



Support Creative Healing

The Creative & Healing Arts program brings music, art, and creative expression into the health care setting, offering comfort and connection to patients, families, and healthcare workers. As one patient shared, "Without music, the hospital felt lifeless. Now, it feels like a place of hope." Your support helps create spaces that uplift, inspire, and heal.

Scan the QR code to donate today!

To make a gift that supports this program, please type "Creative & Healing Arts" in the box titled Other. You can also make a direct donation by emailing shcgiving@stanford.edu or calling 650.723.8285.



Connect With Us

For more information, visit our website by scanning the QR code, or email us at Creative&HealingArts@stanfordhealthcare.org,

Have a story to share about your experience with our programs? We'd love to hear it!



**Michelle Doan (Virtual Reality Facilitator) and
Amanda Casillas (Director of Service Excellence)
at Creative Arts & Mindfulness Week 2025**
Photo by Kyra SyCip