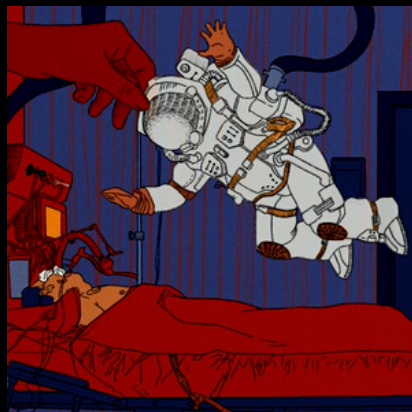


PRESS KIT

the NOCTURNISTS

STORIES FROM THE WORLD OF MEDICINE



OUR MISSION & VISION

We are The Nocturnists, an independent medical storytelling community founded in San Francisco in 2016. Even before COVID-19, the medical profession faced a mental health crisis with alarming rates of burnout, depression, and suicidality amongst medical students and clinicians. Since the pandemic, this situation has become immeasurably worse.

The Nocturnists harnesses the healing power of storytelling to cultivate the well-being of healthcare workers, promote compassionate care, and foster meaningful public dialogue about the practice of medicine.

Our vision is nothing short of transforming the culture of medicine from one that sets up healthcare workers to feel dehumanized, shamed, and emotionally alienated to one that fosters empathy, creative reflection, and human connection – leading to better health outcomes for everyone.



OUR FOUNDER

Emily Silverman, MD is an internal medicine physician at UCSF and Creator of The Nocturnists. She is interested in using storytelling to unearth complex truths about doctoring, build community, and facilitate an environment of acceptance and healing. Her writing has been supported by MacDowell and published in *The New York Times*, *JAMA*, *McSweeney's*, *The Virginia Quarterly Review*, and more. In 2020, she was the Hellman Artist-in-Residency at the UCSF Memory and Aging Center, served on the COVID Crisis Group, and was on the Yerba Buena Center for the Arts 100 List, celebrating creative change-makers. She was named in *The Podcast Magazine's* 2022 list of 40 Under 40 in Podcasting. She can be found online at emilysilverman.com & [@ESilvermanMD](https://twitter.com/ESilvermanMD).

NEW FROM THE NOCTURNISTS...



PODCAST

The Nocturnists award-winning podcast tells transformative stories and airs provocative discussions about the inner lives of healthcare workers.

Our original *Stories from the World of Medicine* episodes feature a story performed at one of our live shows, followed by a conversation between the storyteller and our host Emily Silverman. In our *Conversations* series, nominated for a Webby Award in 2023, Emily interviews authors, filmmakers, and other creatives whose works examine questions of health care and healing.

Honoring the pressing issues facing healthcare workers today, we have produced four special documentary series: *Stories from a Pandemic (parts I and II)*, *Black Voices in Healthcare*, and *Shame in Medicine: The Lost Forest*.

LIVE SHOW

The Nocturnists' storytelling shows feature personal stories that are solicited on a given theme, coached by our story development team, and performed before a live audience. Our next show, "**Taking Care**," is a co-production with **Bellevue Literary Review** in New York City at Symphony Space's Thalia Theater on Saturday, November 4th, 2023.

POST-ROE AMERICA

coming Fall 2023

A new documentary series on our podcast exploring the impact of the Supreme Court's Dobbs decision on the lives and practices of healthcare workers. Listen to our preview episode with Dr. Alison Block [here](#).

STORIES FROM THE WORLD OF MEDICINE SEASON 6

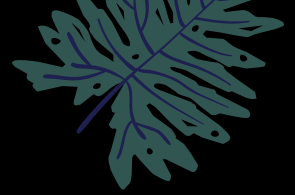
coming Spring 2024

Season 6 will feature stories curated from our 2023 live shows, "Rebirth" in Minneapolis, and "Taking Care" in New York City.

STORY LAB

The Nocturnists Story Development team leads **storytelling coaching and workshops** especially designed for healthcare workers. Both in-person and online sessions are available.

AWARDS & PRESS



Gold WINNER | Anthem Awards 2023
The Nocturnists: Shame in Medicine series
for Best Health/Special Projects



Silver WINNER | NY Festivals Radio Awards 2023
The Nocturnists: Shame in Medicine series
for Best Health/Medical Podcast



Nominee | Webby Awards 2023
The Nocturnists: Conversations series
for Best Interview/Talk Show

Nominee | Webby Awards 2023
The Nocturnists: Shame in Medicine series
for Best Health, Science & Education Series



Nominee | Ambie Awards 2023
The Nocturnists: Shame in Medicine series
for Best Indie Podcast



WINNER | Sharp Index Awards 2022
The Nocturnists: Shame in Medicine series
for Best Media Leadership



Honoree | Webby Awards 2021
The Nocturnists: Black Voices in Healthcare series
for Best Diversity, Equity & Inclusion Podcast

Digestion, Love and Medical Bills: 12 Health Podcasts Worth Listening To

The New York Times

Library Of Congress Receives Health Care Workers Audio Diaries



COVID-19 time capsules preserve history of pandemic through artifacts, audio recordings



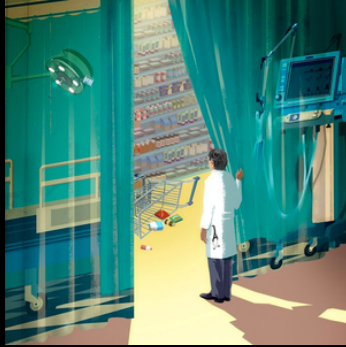
©CBSMORNINGS

PODCAST SERIES: STORIES FROM THE WORLD OF MEDICINE

SEASON 5



Serendipity in Shutdown
March 9, 2023



Encounter on Aisle 9
March 16, 2023



Preparing to Live
March 23, 2023



Vital Sounds
March 30, 2023



Homelonging
April 6, 2023



Act Like a Surgeon
April 13, 2023



The Impossible Decision
April 20, 2023



The Resident and the Rogue
April 27, 2023



Visions and Voices
May 4, 2023

Illustrations by Eva Vázquez

SERIES SPONSOR

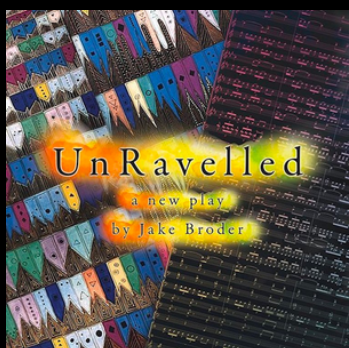
The Physicians Foundation

PODCAST SERIES: CONVERSATIONS

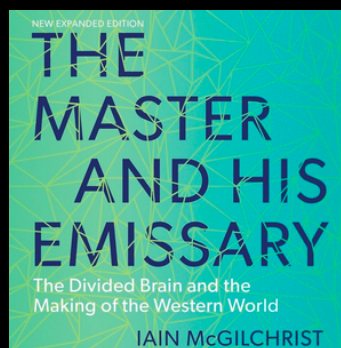
In this Webby Award nominated series, Emily interviews authors, filmmakers, and others whose recent creative work examines the moral and cultural issues besetting healthcare today.



Dolen Perkins-Valdez,
February 23, 2023



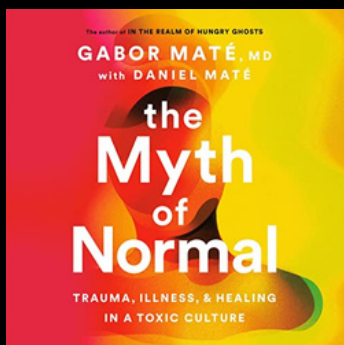
Jake Broder, Lucy Davenport & Bruce Miller,
February 16, 2023



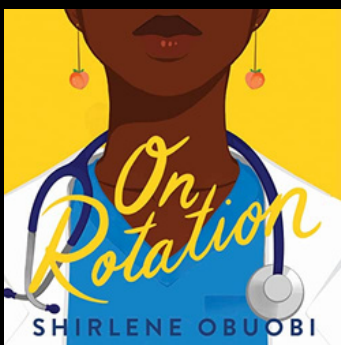
Iain McGilchrist,
February 9, 2023



Matthew Wetschler,
December 15, 2022



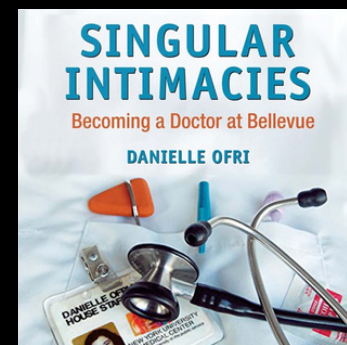
Gabor Maté,
December 8, 2022



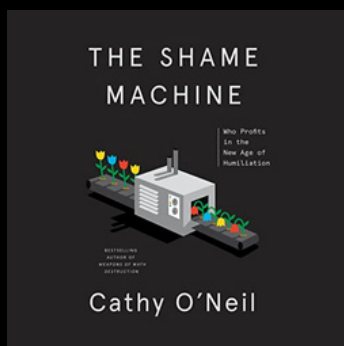
Shirlene Obuobi,
December 1, 2022



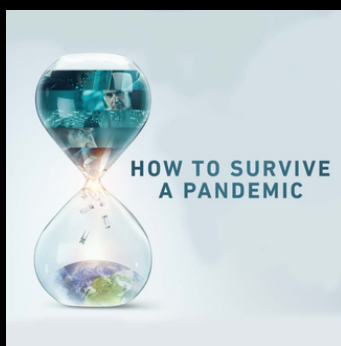
Nina Shevsov-Zebrun,
August 30, 2022



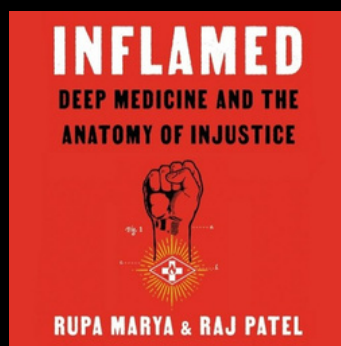
Danielle Ofri,
August 23, 2022



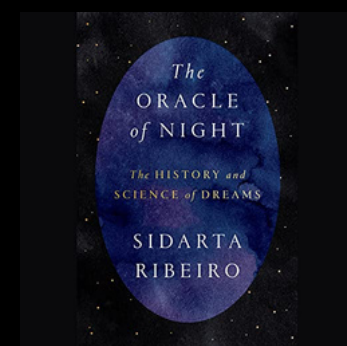
Cathy O'Neil,
August 16, 2022



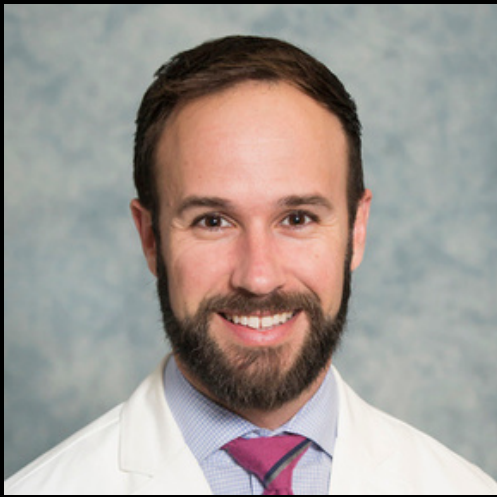
David France,
August 9, 2022



Rupa Marya & Raj Patel,
May 17, 2022



Sidarta Ribeiro,
May 10, 2022



Will Bynum, MD

PODCAST SERIES: SHAME IN MEDICINE: THE LOST FOREST

Fall 2022

Shame is everywhere in healthcare, but remains unnamed and unaddressed. While shame is a primal and pro-social emotion that can sometimes be appropriate and constructive, medicine's unrealistic standards have resulted in a widespread and debilitating culture of shame across the field.

Shame in Medicine: The Lost Forest is an award-winning 10-part documentary podcast series and **impact campaign** produced in partnership with the **Shame and Medicine** project at the University of Exeter. Drawing on the stories of over 200 healthcare workers across the US, the UK, and beyond, this series gives voice to unspoken truths about medical culture, and draws important connections between those truths and the impaired wellness of clinicians and patients.



Luna Dolezal, PhD



SHAME IN MEDICINE: THE LOST FOREST EPISODES



1: Hello, Shame
September 13, 2022



2: The Ideal Doctor
September 20, 2022



3: Golden Ticket
September 27, 2022



4: Pass/Fail
October 4, 2022



5: Indoctrination
September 13, 2022



6: The Mistake
September 13, 2022



7. On Trial
September 13, 2022



8. In Hiding
September 13, 2022



9: The Unwell Doctor
November 8, 2022



10: Until We Meet
Again
November 15, 2022



Emily Silverman, MD

PODCAST SERIES: STORIES FROM A PANDEMIC PART I & II

Spring 2020 | Summer 2021

An audio diary series exploring the experiences of healthcare workers during COVID-19

When COVID-19 hit, we suspended our live shows and launched an audio diary project about healthcare workers contending with the pandemic. The project generated over 800 stories from health workers across North America. In March 2020, we launched *Stories from a Pandemic*, a 10-week series on our podcast, drawn from these audio diaries, accompanied by an interactive **story map**.

A year later, we released *Stories from a Pandemic: Part II*. The complete archive of audio diaries has been **acquired by the U.S. Library of Congress** for historical preservation.



Series Sponsors: Gordon & Betty Moore Foundation, Patrick J. McGovern Foundation, California Health Care Foundation

STORIES FROM A PANDEMIC PART I

EPISODES



1: **New World**
March 30, 2020



2: **Arrival**
April 7, 2020



3: **Virus**
April 14, 2020



4: **Air**
April 21, 2020



5: **Helpless**
April 28, 2020



6: **Sick**
May 5, 2020



7: **Exhale**
May 12, 2020



8: **Insomnia**
May 19, 2020



9: **Bad Trip**
May 26, 2020



10: **Mourning**
June 9, 2020

Series Illustrations by Lindsay Mound

STORIES FROM A PANDEMIC PART II

EPISODES



1: **The Space Between**
June 8, 2021



2: **COVID Hits Home**
June 15, 2021



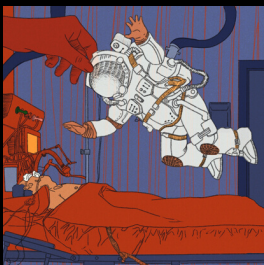
3: **By My Side**
June 22, 2021



4: **Dreams & Nightmares**
June 29, 2021



5: **Night Flight to San Francisco**
July 6, 2021



6: **Space Oddity**
July 13, 2021



7: **Remembering the Pandemic**
July 20, 2021



8: **A Call to Arms**
July 27, 2021

Series Illustrations by Nazila Jamalifard



Ashley McMullen, MD



Kimberly Manning, MD

PODCAST SERIES: BLACK VOICES IN HEALTHCARE

Summer 2020

An audio documentary storytelling project featuring the voices of Black people in healthcare.

After the murder of George Floyd in May 2020, we launched a new podcast series called *Black Voices in Healthcare*, hosted by Ashley McMullen, MD and executive produced by Kimberly Manning, MD. We believe that storytelling is a gateway to empathy and a vital first step on the path toward racial equity in healthcare. We received over 300 stories from Black healthcare workers from across the country from which we compiled 9 audio diary episodes. Episode 10 features a conversation between Ashley and Kimberly about the project.



BLACK VOICES IN HEALTHCARE EPISODES



1: **Again**
June 20, 2020



2: **Joy**
July 7, 2020



3: **Home**
July 14, 2020



4: **Hair**
July 21, 2020



5: **Pandemic**
July 28, 2020



6: **Becoming**
August 4, 2020



7: **Standout**
August 11, 2020



8: **Touch**
August 18, 2020



9: **Birth**
August 25, 2020



10: **A Conversation**
September 8, 2020

THE NOCTRNISTS TEAM & COLLABORATORS



Emily Silverman, MD
Creator + Host



Alison Block, MD
Executive Producer



Rebecca Groves
Chief Operating Officer



Jon Oliver
Producer + Editor + Audio
Engineer



Sam Osborn
Producer + Editor
Shame in Medicine



Molly Rose-Williams
Head of Story
Development



Carly Besser
Producer



Jessica Yung
Producer + Editor
Post-Roe America



Kristin Moe
Story Producer



Noor Al-Saad
Development & Outreach
Specialist



Will Bynum, MD
Co-Producer
Shame in Medicine



Luna Dolezal, PhD
Co-Producer
Shame in Medicine



Kimberly Manning, MD
Executive Producer,
Black Voices in Healthcare



Ashley McMullen, MD
Host + Producer,
Black Voices in Healthcare



Adelaide Papazoglou
Story Producer



Corinne Conn
Medical Student Producer
Shame in Medicine



Penelope Lusk
Production Coordinator
Shame in Medicine



Beppe Conti
Illustrator



Ashley Floréal
Illustrator



Nazila Jamalifard
Illustrator



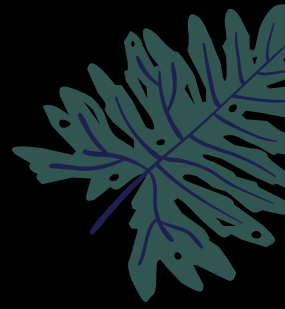
Lindsay Mound
Illustrator + Designer



Yosef Munro
Original Theme Composer

the NOCTURNISTS

stories from the world of medicine



ONLINE & SOCIAL

Website: thenocturnists.com

Shame in Medicine series website:
thenocturnists-shame.org

Twitter: [@thenocturnists](https://twitter.com/thenocturnists)

Facebook: facebook.com/thenocturnists

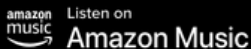
Instagram: [@thenocturnists](https://instagram.com/thenocturnists)

LinkedIn: linkedin.com/company/the-nocturnists

YouTube: bit.ly/YouTube_TheNocturnists

Patreon: patreon.com/thenocturnists

LISTEN & FOLLOW



OUR TITLE SPONSOR



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PRESS KIT

Our press kit and selected press coverage be found at: thenocturnists.com/press
Press images: bit.ly/nocturnistsimages

PODCAST RELEASE SCHEDULE

New episodes of our podcast are released on Thursdays.

LISTENERS & STATS

- Global podcast ranking: **Top 0.5%**
- Over 1.6 million unique downloads
- Listeners in over 200 countries
- 14,000+ followers on social media across **Twitter, Instagram & Facebook**

CONTACT US

Questions? Comments? Looking for more information? Want to feature The Nocturnists in an upcoming interview or publication? Let us know by emailing us at hello@thenocturnists.com or filling out this simple **contact form**.