

# Call for Submissions: Journal of Humanities in Rehabilitation Physical Therapy Student Essay Contest

In collaboration with the American Council of Academic Physical Therapy

*The Journal of Humanities in Rehabilitation (JHR)* advocates for the importance of the humanities, ethics, and professionalism in physical therapy education practice because excellent clinical practice requires the ability to make meaningful connections with patients and to make decisions in unclear or vulnerable circumstances. To that aim, the *JHR* provides a forum for discussion of the art of physical therapy and the lived experience of patients, thereby creating a platform for sharing resources that focus on how to teach humanities, ethics, and professionalism in physical therapy education.

The American Council of Academic Physical Therapy (ACAPT) joins the *JHR* to sponsor a judged writing competition designed to encourage deep thinking by students about the role and value of humanities, ethics and professionalism in academic training and professional life. The annual *JHR/ACAPT* Physical Therapy Student Essay Contest offers a creative opportunity to ignite critical reflection in students across the nation about ways in which approaching patient care in a holistic manner improves rehabilitation outcomes.

## Essay Prompt

In clinical practice, physical therapists frequently encounter moments of uncertainty—cases where clear answers or established protocols may not exist for a given problem. Navigating this ambiguity requires not only clinical expertise but also the capacity to adapt, reflect, and respond to new and complex situations. The **Master Adaptive Learner (MAL)** model emphasizes lifelong learning and adaptability in these uncertain moments, encouraging clinicians to continuously reflect, learn, and innovate in their approach to patient care.

In this essay prompt, we invite students to describe their experiences of navigating ambiguity and uncertainty in clinical practice or education, and offer examples of how their encounters with the health humanities—ie, engagement with literature, ethics, storytelling, or the arts—have influenced their approaches to healthcare. How have they helped you cultivate the skills to become a Master Adaptive Learner (one who is more reflective, adaptive, and innovative)? How have the humanities enhanced your

ability to manage uncertainty with empathy, curiosity, and creativity? In what ways have these disciplines guided your growth as a resilient and adaptable clinician in training?

## Prize Description

The winner of the Physical Therapy Student Essay Contest will receive a \$250 award from the ACAPT. Additionally, the contest winner and two finalists will have their personal narratives published in a future issue of the *JHR*.

## Eligibility and Required Materials

All students currently enrolled in a Doctor of Physical Therapy or Physical Therapy Assistant program are eligible to apply. Submissions must include an original, unpublished personal narrative as well as a short (3-4 sentence) personal bio that includes the student's current academic institution.

## Timeline

Submissions will be accepted until **January 6th, 2025**. Any submissions sent in after this date will be considered late. Late submissions will not be reviewed. The winner and two finalists will be announced early in the Spring of 2025.

## Judges

Submissions are reviewed by a selection panel comprised of our guest judge(s) and the *JHR* Editorial Board. Submissions are judged upon their engagement with the prompt, narrative structure, and attention to language.

## Instructions to Submit

1. Only electronic submissions will be accepted.
2. All submissions should be sent as a single email attachment to [CHEP \[dot\] JHR \[dot\] essay \[at\] gmail \[dot\] com](mailto:CHEP [dot] JHR [dot] essay [at] gmail [dot] com) by 11:59 PM (EST) on January 6th, 2025.
3. Submissions should follow these formatting guidelines: twelve-point font, double-spaced text. Narratives in both PDF or Word files (.doc and .docx) will be accepted.
4. 800 word limit
5. As the winning personal narrative, as well as two finalists, will be published in a future issue of *JHR*, we ask that all personal information such as individuals' names other than the author's and specific locations be de-identified.

## *The American Council of Academic Physical Therapy*



The American Council of Academic Physical Therapy (ACAPT) is a not-for-profit association whose core purpose is to lead physical therapy in the pursuit of academic excellence.