



The Foundation for Medical Excellence presents

Promoting Clinician Vitality & Well Being

Saturday, October 10, 2015

7:30 AM - 4:30 PM

Skamania Lodge

Stevenson, WA

Self-Care for the Caregiver

Friday, October 9, 2015

1:30-5:00 PM

Skamania Lodge

Stevenson, WA

www.tfme.org

Promoting Clinician Vitality & Well Being

- **Are you concerned that you don't feel as engaged and satisfied with the practice of medicine as you once did?**
- **Are you concerned that your professional career and personal life are not in balance?**
- **Do you have old habit patterns that keep you stuck in perpetual cycles of stress, anxiety or depression?**

This conference will provide knowledge, skills and a framework for you to thrive in the midst of all the changes and challenges currently taking place in healthcare. This conference is dedicated to providing health professionals with the skills to manage change in their personal and professional lives. It is also an opportunity to interact with others who are doing similar work, to exchange program and curriculum ideas and to develop positive methods of re-engineering healthcare work settings in order to promote professional satisfaction, well-being, personal growth and sense of purpose.

Registration

Registration is online at www.tfme.org or contact us at (503) 222-1960. Saturday Registration fee is \$275 (\$150 for spouses and residents).

Refund Policy: Refunds prior to September 22 will be charged \$50 fee. No refunds after September 22, 2015.

Venue is the Skamania Lodge in Stevenson, WA. Hotel arrangements are made directly with the hotel online at www.skamanielodge.com or contact the Lodge at (503) 427-2531. The Group code for this conference is 1XT81X

Accreditation: The Foundation for Medical Excellence is accredited by the ACCME to provide continuing medical education credits. The Foundation designates this live activity for a maximum of 5.5 AMA PRA Category 1 credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Saturday, October 10, 2015

6:30-7:45a Optional Sessions for Your Enjoyment

Summit 7 Meditation – Dr. David Kearney
Jefferson Yoga – Julie Lawrence

7:15-8:00 Stevenson C/D Registration/Continental Breakfast

8:00-8:15 Stevenson C/D

Welcome and Introductions

8:15-9:00 Plenary 1
Uncovering Happiness: Preventing Burnout and Promoting Resiliency with Mindfulness and Self-compassion

Elisha Goldstein, Ph.D.

In the past 15 years the philosophy, practice and neuroscience behind mindfulness has woven its way into the mainstream. Programs such as Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT) and The Now Effect provide practical way to treat stress, anxiety, depression, addiction and burnout. In this Plenary talk, Elisha Goldstein, PhD will help you understand what mindfulness is, the science behind it, and practical applications, even in a busy daily life, to calm your busy mind and open up to the natural strengths within for your own self-care, resiliency and well-being.

9:00-9:45 Plenary II
Trauma, Stress, and Transformation Resilience

Bob Doppelt

Resilience is often defined as the capacity to rapidly “bounce back” to pre-existing or normal levels of functioning after trauma and stress. However, this definition emerged from the field of physics and growing research indicates it does not adequately describe how humans respond to adversity. The growing field of post-traumatic growth has shown that most people have

the ability to use hardship and stress as catalysts to transform their views of the world and themselves and actually increase their functioning beyond previous levels in ways that also enhance their capacity to deal with future adversities. In this Plenary talk Bob Doppelt will explain the “Presencing” and “Purposing” elements of the process of Transformational Resilience and help you understand how you can apply it to increase your own wellbeing--and the wellbeing of your patients, clients, co-workers, and others.

9:45-10:00 Refreshment Break

10:00-11:10 **Interactive Breakout Session #1**
(select a session)

Breakout Session 1 Baker Room

Elisha Goldstein, M.D. (repeated in session 8)

Mindfulness

Psychiatrist and Holocaust survivor Viktor Frankl said, “Inbetween stimulus and response there is a space, in that space lies our power to choose our response, in our response lies our growth and our freedom.” What if an awareness of that space, that moment, could all make all the difference between a stressed out or resilient brain? That’s the promise that millions of people, including professionals in mental health, medicine, education, business, sports, and even politics are banking on and have begun to realize through the application and practice of mindfulness-based interventions. This instructional and experiential workshop will go over the theory and practices of mindfulness-based and compassion-based interventions as pathways to relating to our lives and the lives of our patients in a radically different way that leads to greater understanding, compassion, and even to a stronger brain. Ultimately, as we learn how to tap into these natural resources we begin to uncover a more enduring happiness.

Breakout Session 2 Stevenson

Bob Doppelt (repeated in session 9)

Life Application of Transformational Resilience Skills

Are you aware of how trauma and stress adversely effect your mind and body? Do you know why those reactions occur? Would you like to learn skills that can help you transform negative reactions into positive transformational experiences? This workshop will begin by explaining the psychobiology of trauma and stress. It will then experientially engage you in learning simple “Presencing” skills you can use in the midst of stress to stabilize your nervous system and calm your emotions and thoughts, as well as “Purposing” skills to make decisions that allow you to use the adversity to learn, grow, and increase your wellbeing rather than harm yourself or others. Research indicates that the combination of Presencing and Purposing skills can transform your life in beneficial ways that previously you never thought possible. The skills have also been found to increase the capacity of people in the helping professions to care for other people who experience stress and adversity.

Breakout session 3 Jefferson

Claire Wheeler, M.D., Ph.D. (repeated session in 15)

Integrating Mind-Body Medicine into Your Life and Work

Mind-body medicine differs from allopathic medicine in that it asks the practitioner to engage in better self care in order to provide better care to others. The science and practice of MBM can be a life-changing process in which greater self awareness, self expression, and self compassion manifest as a richer, more fulfilling life and career. In this workshop, we’ll explore several different modalities of MBM, including scriptotherapy, guided imagery, biofeedback, and active meditation, which have been shown to have multiple positive effects on health. The benefits of integrating MBM into one’s life (and into the lives of patients) include greater stress resilience, lower levels of oxidative stress and inflammation, lower blood pressure, enhanced GI and immune function, and others. The focus of this workshop will be doing! The physiology of MBM will be covered, as well as a brief overview of the interventional literature on MBM. But we’ll also be experiencing many of these techniques first hand.

Breakout Session 4 Summit 6

David Kearney, M.D. (repeated session in #14)

Loving-Kindness Meditation as a Form of Self-Care in the Workplace

In this interactive session, Dr. Kearney will explore simple and accessible meditation practices. Loving-Kindness Meditation, which is a practice intended to cultivate kindness and compassion for self and others, will be introduced. The historical roots as well as a theoretical framework within modern psychology for understanding loving-kindness meditation will be discussed. The session will explore how loving-kindness meditation practice, which places an emphasis on

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positive intention for self and others, may be helpful for both providers and patients. Dr. Kearney will briefly review the literature on kindness and compassion-based interventions, and suggest ways that it might be introduced as a self-care practice for both providers and patients.

Breakout Session 5 Summit 7

Bruce Hazen (repeated in session 7)

New Physics of Career Management: Conquering Tornado Thinking at Your Professional Career Crossroads

Answering three career management questions is essential in today's work culture because professional careers now call for questions that were never asked in the past. Old models of career management typically involved spending your professional career finding one-job-in-a-row or being recruited to one-job-in-a-row? There is a new way to question ourselves (and our staff) about our work and the effect it has on our satisfaction. The Three Career Questions even help to clarify and focus your choice of workshops at a conference. This model of career management offers a dynamic understanding of work and transitions to new work. It's based on the notion that, "Our work should be sending us somewhere, not just keeping us someplace." Leave with a new way to view career management vs. job-finding.

11:15-12:25 Interactive Breakout Session #2 (select a session)

Breakout Session # 6 Summit 6

Jeffrey Young, M.D. (repeated in session 12)

Stress and What We Can Do About It

Chronic stress and burnout are common experiences for healthcare professionals and for most people. This breakout session will include a discussion regarding fundamental brain functions involved in the stress response, adverse consequences of chronic stress and the evidence base for mindfulness strategies that may change our brain architecture over time and enhance personal resilience, wellbeing and better patient outcomes. We will explore evidence-based, mindfulness-oriented strategies, which if practiced over time, will help us become more resilient.

Breakout Session #7 Summit 7

Bruce Hazen

New Physics of Career Management: Conquering Tornado Thinking at Your Professional Career Crossroads

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Breakout Session #8 Baker

Elisha Goldstein, M.D.

Mindfulness

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Breakout Session #9 Stevenson

Bob Doppelt

Life Application of Transformational Resilience Skills

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Breakout Session #10 Jefferson

Lisa Goren, MS

Emotional Intelligence: Aligning Intent and Impact

A great deal of emphasis is placed on the value of cognitive intelligence and the relationship between IQ and success. However, there is increasing evidence suggesting that Emotional Intelligence (EI) is the strongest indicator of professional success by as much as 90%. EI is not simply about recognizing or controlling ones' emotions, rather it is about learning to align thoughts with actions. Once individuals can successfully manage the space between intent and impact they have the opportunity to increase personal, relational and professional well-being.

12:30-1:40 Stevenson C/D Foyer TFME Hosted Lunch

1:40-2:20 Stevenson C/D
Plenary III

Lisa Goren, MS

Changing On Purpose: Remaining Relevant Amidst Transformation

The imperatives driving healthcare transformation are causing unprecedented burnout among physicians and whiplash across organizations as leaders fail to articulate a clear path forward. The individuals and teams who will thrive within this ever-changing landscape will be those who know where to place their attention and how to take meaningful action in service of their goals. By building skills to foster both resilience and relevance, individuals can ensure they are essential to the future of healthcare.

2:20-2:30 Transitional Break

2:30-3:10 Interactive Breakout Session #3
(select a session)

Breakout Session 11 Summit 7

Sonja Connor, MS

Nutrition and the Prevention of Chronic Diseases (From Meat to Beans in Ten Short Years)

Lifestyle recommendations in the 2014 American College of Cardiology/American Heart Association guidelines will be reviewed. Nutrient intake and food choices to meet these guidelines will be identified. The importance of increase the intake of fruits, vegetables, whole grains and beans will be emphasized. A three-phased approach to changing gradually from the current U.S. eating style to one that maximally protects against chronic disease will be described. This will include an emphasis on trying new recipes and food products to facilitate change in eating style. Most importantly, will be the appreciation for delicious food associated with an eating style that supports optimal health throughout life.

Breakout Session 12 Stevenson

Jeffrey Young, M.D.

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Chronic stress and burnout are common experiences for healthcare professionals and for most people. This breakout session will include a discussion regarding fundamental brain functions involved in the stress response, adverse consequences of chronic stress and the evidence base

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for mindfulness strategies that may change our brain architecture over time and enhance personal resilience, wellbeing and better patient outcomes. We will explore evidence-based, mindfulness-oriented strategies, which if practiced over time, will help us become more resilient.

Breakout Session 13 Baker

Lisa Goren, MS

Attention Deficit: Finding Focus Despite Distraction

Time and has become the more valuable currency of the 21st century, but amassing this type of wealth seems nearly impossible amidst the rings, pings and vibrations that steal our attention. The good news and bad news of working in a 24/7, technology-driven industry is increased access to information and to other people. The result is a challenge to prioritize, set boundaries and stay focused. By engaging in several easy practices, it is possible to regain a sense of control over a complex set of expectations that now drive our interactions and define success.

Breakout Session 14 Summit 6

David Kearney, MD

Loving-Kindness Meditation as a Form of Self-Care in the Workplace

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Breakout Session 15 Jefferson

Claire Wheeler, M.D., Ph.D.

Integrating Mind-Body Medicine into Your Life and Work

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3:10-3:25 Stevenson C/D Refreshment Break

3:30-3:45 **Commitment to Change**

Dr. Barry Egener

3:45-4:15 **Musical Interlude**

Susan Smith, D.M.A.

4:30 **Adjourn**

DISTINGUISHED FACULTY

Elisha Goldstein, Ph.D. is a psychologist, author and speaker who synthesizes the pearls of traditional psychotherapy with a progressive integration of mindfulness to achieve mental and emotional healing. Dr. Goldstein has published extensively and is author of numerous articles, chapters and blogs including the bestselling book *The Now Effect: How This Moment Can Change the Rest of your Life*.

Dr. Goldstein is the 2015 TFME William B Webber Lecturer

Bob Doppelt is Executive Director of The Resource Innovation Group (TRIG), a non-profit affiliated with the Center for Sustainable Communities at Willamette University, where he is also a Senior Fellow. In addition, Bob is an adjunct faculty member in the Department of Planning, Public Policy and Management at the University of Oregon where he teaches systems thinking and global warming policy. He has also taught at the Presidio Graduate School in San Francisco and the Bainbridge Graduate Institute on sustainable management. Bob's expertise is in

individual, organizational, and social systems dynamics and change. His advance training is in counseling psychology and environmental land management and is a Mindfulness-based Stress Reduction (MBSR) instructor.

Lisa Goren, MS Lisa Goren is an experienced healthcare leader, advisor and educator working with physicians and executives on developing their abilities to lead change and remain relevant within a transforming industry. Her work with hospitals, health systems, physician boards and private practices focuses on successfully implementing large-scale cultural and organizational changes including accountable care, physician-administration compacts, electronic health records and physician leadership development.

Lisa is the 2015 TFME John Alsever, M.D., Lecturer

WORKSHOP FACULTY

Sonja L. Connor, MS, RDN, LD is a research associate professor in the department of medicine at Oregon Health Sciences University and director of the university's nutrition elective for medical students as well as the developer of the nutrition course for physician assistant students. She joined OHSU in 1975. Previously, she was a research dietitian at the University of Iowa Clinical Research Center. Connor has published 87 scientific research papers and books based on trailblazing research on healthy eating to prevent coronary disease and other chronic diseases. Connor's innovative research on omega-3 fatty acids and the developing brain and retina helped lead to the addition of DHA to infant formula. Connor was president of the Academy of Nutrition and Dietetics 2014-15 and is currently past president.

Bruce Hazen, B.S., in Industrial and Labor Relations from Cornell University, with emphasis in organizational behavior and psychology. In addition, he holds a Master's Degree of Science in Clinical Psychology from California State University, San Jose. As a career and management consultant (and President for Life of Three Questions Consulting), Bruce combines business systems experience with his clinical psychology background to address the needs of individuals, in a range of different professions, who are managing other people, organizations, and their own career development.

David J. Kearney, M.D is a Professor of Medicine at the University of Washington, Gastroenterology Division, and a staff physician at VA Puget Sound Health Care System. He is also Director of the Mindfulness-Based Stress Reduction (MBSR) Program at VA Puget Sound Health Care System.

Julie Lawrence, certified Iyengar Yoga Instructor, and Founder of the Julie Lawrence Yoga Center in Portland, Oregon has been teaching throughout the US and internationally for over 35 years. In addition to classes at the Center, she has presented classes and seminars designed for private instruction of individuals as well as for hospitals, businesses and major corporations.

Susan DeWitt Smith, D.M.A. holds a Doctor of Musical Arts degree from the Eastman School of Music, where she studied with Nelita True. Her many musical accolades include a second prize in the Young Keyboard Artists' International Competition, semi-finalist standing at the International Stravinsky Awards Competition, several performance awards from Dartmouth College and a performer's certificate and teaching award from Eastman. Dr. Smith has performed throughout the United States and New Zealand. She is an Assistant Professor of Music and Director of the Piano Program at Lewis & Clark College.

Claire Wheeler MD, Ph.D. is a former Emergency Medicine physician and clinical psychologist who is currently a full time Senior Instructor in the OHSU/PSU Oregon Masters in Public Health program. She has been full-time faculty at PSU since 2005, where she teaches required courses in health behavior theory and pathophysiology as well as several electives in mind-body medicine and nutrition. Claire has been senior faculty for the Center for Mind-Body Medicine in Washington, D.C. since 2000. She has written two books - *10 Simple Solutions to Stress* (New Harbinger, 2007) and *The Complete Idiot's Guide to Belly Fat Weight Loss* (Penguin, 2013).

Jeffery Young, M.D. is a psychiatrist and diplomat of the American Board of Psychiatry and Neurology as well as the American Board of Addiction Medicine. He is a Fellow of the American Psychiatric Association. He is the Associate Medical director at Hazelden Springbrook, a chemical dependency treatment program in Newberg Oregon, which is part of the Hazelden Betty Ford Foundation. His clinical and leadership work throughout his career has included particular emphasis on the mental health, chemical dependency, chronic stress and burnout problems that are faced by healthcare professionals.

Self-Care for the Caregiver Friday, October 9, 2015

As clinicians/leaders/and workers we spend most of our time solving problems, analyzing situations and deciding on the best course. This uses a very small part of our brains—the prefrontal cortex. Most current neuroscience points to how easily fatigued this part of the brain can become and how this part of the brain and our limbic systems can get into a never ending circuit of “thinking”. This thinking can involve rumination about the past and anxiety for the future.

Come join us for a relaxing and reinvigorating afternoon just for yourself. Take this opportunity to learn some techniques for how to relax, invigorate yourself, tips for healthy eating and enjoy a mindful nature bird walk. Each session will provide you with a brief presentation on technique followed by your participation.

- **Enrollment is minimum of 16 and maximum of 20; registration is \$125 per person.**
- **Session will be canceled if less than 16 people sign up by September 22, 2015.**

Register prior to september 15 so you are eligible to WIN a \$100 certificate to the Skamania Lodge Spa.

WORKSHOP FACULTY

Sonja L. Connor, MS, RDN, LD is a research associate professor in the department of medicine at Oregon Health Sciences University and director of the university's nutrition elective for medical students as well as the developer of the nutrition course for physician assistant students. Connor has published 87 scientific research papers and books based on trailblazing research on healthy eating to prevent coronary disease and other chronic diseases. Connor's innovative research on omega-3 fatty acids and the developing brain and retina helped lead to the addition of DHA to infant formula.

David J. Kearney, M.D., is an Associate Professor in the Department of Medicine at the University of Washington and the Director Mindfulness-Based Stress Reduction (MBSR) Program at VA Puget Sound Health Care System, Seattle, Washington. He has ongoing studies that assess the effect of mindfulness meditation and loving-kindness meditation on PTSD symptoms, quality of life, self-compassion, compassion for others, and psychological wellbeing.

Julie Lawrence, certified Iyengar Yoga Instructor, and Founder of the Julie Lawrence Yoga Center in Portland, Oregon has been teaching throughout the US and internationally for over 35 years. In addition to classes at the Center, she has presented classes and seminars designed for private instruction of individuals as well as for hospitals, businesses and major corporations.

Lauretta Young, MD is the current chief medical officer of Health Republic Insurance—a consumer oriented and operated health care insurance company which aims to use prevention to meet the Triple Aim. She also teaches in the OHSU MBA in health care program. Her passion is teaching future leaders to effectively use their own brains as well as those of their staffs to bring excellence as well as optimal human functioning to the healthcare workplaces. Her prior roles include mental health chief at Kaiser for many years as well as a research and teaching project at OHSU medical school to reduce burnout in medical students.

Friday, October 9, 2015

1:15-1:30 Jefferson Room Check in

Dress is comfortable but you will need socks, shoes and maybe a jacket for your nature bird walk.

1:30-2:30 **Mindful Walk**

Lauretta Young, MD

One way to give the overly active parts of our brain a rest is to use our “direct experience network”—the other 95% of our neural circuitry by paying attention to our senses. When we are mindful of what is going on NOW and in the present moment with all of our senses such as our ears and our noses—we can take a brief and helpful restorative break.

I would like to teach you how to use any area you have available to you—a window outside, your parking lot or a natural area to become more mindful. We will go outside to listen for birds, to see what is on the path and to smell the pine trees and do a mindful walk.

2:30-3:30 **Yoga**

Julie Lawrence

Offers the opportunity to replenish our reserves on a daily basis in order to better serve others from a spirit of generosity. In this session you will learn a simple routine of yoga stretches that promise to release muscular tension, increase mental clarity and concentration, and assist you in accessing your intuitive wisdom. *Wear comfortable clothes. No previous yoga experience necessary.*

3:30-4:30 **Meditation**

David Kearney, MD

Meditation can make all the difference in your health and well-being; mindfulness is like body building for your brain.

4:30-5:30 **Nutrition and the Prevention of Chronic Diseases (From Meat to Beans in Ten Short Years)**

Sonja Connor, MS

Lifestyle recommendations in the 2014 American College of Cardiology/American Heart Association guidelines will be reviewed. Nutrient intake and food choices to meet these guidelines will be identified. The importance of increase the intake of fruits, vegetables, whole grains and beans will be emphasized. A three-phased approach to changing gradually from the current U.S. eating style to one that maximally protects against chronic disease will be described. This will include an emphasis on trying new recipes and food products to facilitate change in eating style. Most importantly, will be the appreciation for delicious food associated with an eating style that supports optimal health throughout life.

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