



The Foundation For Medical Excellence  
in cooperation with  
the Oregon Medical Association  
presents

A photograph of a green plant with large, broad, slightly wavy leaves. The plant is in a clear glass vase filled with water. The vase is on a white surface. The background is a plain, light color.

# Physician Well-Being

Friday, May 4, 2018  
OMEF Event Center  
Portland, Oregon



- **Creating A Positive Work Environment**
- **Practical Tools for Self-Care**
- **Reconnect with your personal definition and vision of a good day**
- **Train your brain to efficiently and effectively tackle priorities and problems**
- **Adopt new practices for inciting higher levels of performance and engagement**
- **Understand a definition of resilience that addresses the professional experience of clinicians.**
- **Experience a mindful practice designed to enhance resilience by building awareness that is linked with self-compassion**

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.

## Who should attend:

This program is designed to educate physicians, physician assistants, nurse practitioners and other healthcare clinicians by providing the knowledge and skills to better understand and cope with the professional as well as personal changes in the workplace, their changing clinical roles, and the potential for burnout. The conference will provide clinicians with practical methods for achieving balance in their professional and personal lives, for recognizing burnout in themselves and their colleagues, and for navigating new roles in a changing healthcare delivery environment.

## Distinguished Faculty

**Mick Krasner M.D., FACP**, is Professor of Clinical Medicine and Professor of Clinical Family Medicine at the University of Rochester School of Medicine and Dentistry and practices primary care internal medicine in Rochester, New York. Dr. Krasner has been teaching Mindfulness-Based Stress Reduction to patients, medical students, and health professionals for more than 18 years, involving over 2400 participants, including more than 1000 health professionals. He is engaged in a variety of research projects including the investigations of the effects of mindfulness practices on the immune system in the elderly, on chronic psoriasis, with caregivers of Alzheimer's patients and on medical student stress and well-being. He was the project director of Mindful Communication: Bringing Intention, Attention, and Reflection to Clinical Practice, sponsored by the New York Chapter of the American College of Physicians, funded by the Physicians Foundation for Health Systems Excellence, and reported in JAMA in September 2009. He is interested in the connection between health professional well-being and the effectiveness of the healing relationship.

**Cameron Madill**, is the CEO of PixelSpoke, an award-winning web design & marketing agency that works with credit unions and social enterprises. His extensive volunteer work includes launching business accelerator programs for entrepreneurs in the U.S. and around the world, leading the Portland community of certified B Corporations — businesses that follow rigorous standards for creating positive environmental, social, and employee impact — and building capacity for a Portland-based nonprofit, Innovation Law Lab, that provides pro bono legal counsel to refugees and immigrants across the U.S. Cameron received the 2017 Global Citizen of the Year award from Entrepreneurs' Organization — a worldwide group of over 12,000 leading entrepreneurs — for his work with refugees, as well as numerous other awards such as the Portland Business Journal 40 Under 40.

## Workshop Faculty

**John Christensen, Ph.D.**, is a clinical psychologist and consultant in behavioral medicine, graduate medical education, and physician well-being. For 29 years he directed behavioral medicine training in the internal medicine residency at Legacy Health in Portland, Oregon, where he also had a private practice of psychotherapy. Dr. Christensen is co-editor with Mitchell Feldman, M.D., of Behavioral Medicine: a Guide for Clinical Practice, 4th edition, published by McGraw-Hill in 2014. They have co-edited this textbook since the first edition in 1997, and they are currently working on a 5th edition.

**Barry Egner, M.D.**, is a practicing general internist on the faculty of the Legacy Portland Program in Internal Medicine, Medical Director, The Foundation for Medical Excellence and Past-President, the American Academy on Physician and Patient. From 2006-2010, he served as a director of the American Board of Internal Medicine. He teaches regionally and nationally on the doctor-patient relationship and the management of difficult patient relationships.

**Kevin Gorman**, For the past 19 years, Kevin Gorman has served as the executive director of Friends of the Columbia Gorge, a Portland-based non-profit organization dedicated to the protection and enhancement of the Columbia River Gorge National Scenic Area. During his tenure, Friends has successfully stopped a large-scale casino and destination resort, played a role in the removal of the Condit Dam and negotiated the close of a coal-fired power plant, Kevin also assisted in creating two nonprofits in the Gorge: the Klickitat Trail Conservancy and the Cape Horn Conservancy. Kevin was previously the associate director of Oregon Natural Resources Council (now Oregon Wild).

**Planning Committee: Barry Egner, M.D., John Christensen, Ph.D., Jill Hansen, M.D., and Ronald Stock, M.D.**



## EVENTS

**7:30 - 8:00**

**Registration/Continental Breakfast**

**8:00 - 8:30**

**Welcome and Introductions**

Barry Egener, M.D., and Timothy Goldfarb, MHSA

**8:30 - 9:30**

**Building Health Professional Resilience and Addressing Burnout in the Complex World of Medicine**

Mick Krasner, M.D., FACP

The practice of medicine increasingly challenges its professionals with greater responsibilities and diminished experiences of control over their management. A growing body of empirical research connects health professional well-being with quality of care as well as the quality of the care experience. Outcomes for both of these quality endpoints are increasingly used in the formulations of health professional reimbursements- whether financial or social-emotional. During this session Dr. Krasner reviews the nature of this problem and some of the interventions studied to date that address these issues. After this initial review, the group will dive more deeply into one such approach, Mindful Practice, and explore building resilience through contemplative practices, the sharing of narratives, and the application of appreciative inquiry in shared dialogues.

**9:30 - 9:45**

**Refreshment Break**

**9:45 - 11:45**

**Mindful Practice, Resilience & Burnout: Part II**

Mick Krasner, M.D., FACP

**11:45 - 12:45**

**Lunch, hosted by TFME and OMA**

**12:45 - 1:00**

**Transitions**

John Christensen, Ph.D.

**1:00 - 2:00**

**Building a Culture of High-Performance Communication**

Cameron Madill

Many organizations spend vast amounts of energy on politics and avoiding the real issues that negatively affect performance and morale. We will discuss different techniques for building a culture of high-performance communication and strong teamwork, as well as how to apply these individually, in small groups, and across companies.

**2:15 - 3:30**

**Interactive Breakout Sessions (Please select one)**

**1. Applying High-Performance Communication Exercises**

Cameron Madill

Many organizations spend vast amounts of energy on politics and avoiding the real issues that negatively affect performance and morale. In this breakout session we will model and practice the communication exercises from the first session, as well as discussing how, when, and where to apply them in your organization for the best results.

**2. Reframing Uncertainty in Medicine:**

**An Approach to Cultivating Health Professional Resilience**

Mick Krasner, M.D., FACP

The theme for this session is uncertainties encountered in the day-to-day practice of medicine. Although a challenging topic, every practitioner has regular encounters with uncertainties, unknowns, and it may be that one of the hallmarks of a skilled and effective practitioner is the degree to which he or she is comfortable with those unknowns. Better stated, knowing that one does not know can create a position of great wisdom in the medical relationship. Out of this acceptance arises the curiosity or the beginner's mind, the non-judgment, and the initiation into relationship that must take place for the care to proceed in a thorough and effective manner. During this session, participants will examine two related models of the medical encounter- its improvisational nature from the work of Paul Haidet, and the contemplative discipline of Insight Dialogue from Greg Kramer. They will engage in shared dialogues using these frameworks as a means for further investigating their own experiences of uncertainty in medicine.

**3. Resilience in Nature and the Human Spirit:**

**Columbia Gorge Recovery and Human Well-Being in the Wake of Traumatic Events**

Kevin Gorman and John Christensen, Ph.D.

The Eagle Creek Fire burned over 48,000 acres of healthy forests in the Columbia River Gorge in September of 2017. As devastating as this fire was to the forest, landscapes, and Gorge communities, the Gorge is a resilient place. It has endured Ice Age floods that created its beautiful waterfalls, landslides that dammed the Columbia, and numerous fires that scarred but never destroyed this place. In human life as well, we all are exposed to ordinary and at times extraordinary stressors. Sometimes traumatic events can seem to overwhelm our carrying capacity, and yet the human spirit, like the Gorge, is resilient. The presenters will review the parallels between Gorge and human recovery with a view to uncovering the hidden capacities for "posttraumatic growth" within the natural world, which includes the human. We will invite participants to share their own stories of resilience.

**3:30 - 4:00**

**Closing, letter to self, commitment to change, evaluations**



# REGISTRATION INFORMATION

## Registration Information:

Registration is online at [www.tfme.org](http://www.tfme.org). **Space is limited, we would encourage you to register early.**

**Registration Fee:** \$275 (\$150 rate for medical students and residents).

The event is being held at OMEF Event Center, 11740 SW 68th Parkway, Portland, Oregon 97223

**Refund Policy:** Refunds prior to April 20th will be charged a \$50 fee. No refunds after April 20, 2018.

In consideration of your fellow attendees and the faculty, the Foundation would respectfully ask that participants not bring infants or children to any of the sessions or lunch.

**Special Needs:** The Foundation For Medical Excellence fully complies with the legal requirements of the Americans with Disabilities Act. If any participant attending this educational activity is in need of accommodation, please contact the Foundation.

## Continuing Education Credits:

**Accreditation:** The Foundation For Medical Excellence is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit:** The Foundation For Medical Excellence designates this live activity for a maximum of **5.5 AMA PRA Category 1 credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Foundation For Medical Excellence (TFME) was created in November 1984. Its mission is to promote excellence in health care and advance sound health policy through education and collaboration. TFME's educational offerings center on contemporary medical issues facing physicians including leadership, physician well-being and communication. [www.tfme.org](http://www.tfme.org)

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