



The Coalition for
Physician
Well-Being

E-Newsletter

April 2023

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2023 Pre-Conference Agenda – The Joy & Wholeness Summit – Register NOW!



At the Summit, healthcare professionals and leaders from across the country participate in a variety of workshops and sessions that focus on business and quality, culture, resilience, and exploring new approaches to this vital issue. These sessions feature leading experts in the field of physician and APP well-being, offering insight and guidance with innovative approaches. The Summit offers attendees the opportunity to connect with peers, healthcare professionals, and leaders to create a supportive network designed to advance well-being programs far after the Summit concludes.

Take a first look at our three pre-conference tracks this summer and hit the button at the end to view the full draft agenda. [Register NOW by clicking here.](#)

July 10 • Graduate Medical Education

Reimagining

Resilience Training in GME

Stuart Slavin, MD

ACGME

How to Make Work

"Work" for You – How setting boundaries set this doctor free

Mallory Salentine, MD

Children's Wisconsin

Psychological Insight into Resident

Wellness: The HCA/CGU Physician

Gregory Guldner, MD

*HCA Healthcare
Riverside*

Building a \$2 Million Resident Wellness

Program: Lessons Learned 10 Years In

Simiao Li-Sauerwine, MD, MSCR

*Kimberly Bambach, MD
The Ohio State University*

July 10 • Women Physicians

Growing Women Leaders

Michellene Davis, Esq.

National Medical

Fellowships, Inc.

What You Practice Grows

Jessie Mahoney, MD

Pause & Presence

Coaching

How to Make Work "Work" for You – How

setting boundaries set this doctor free

Mallory Salentine, MD

Children's Wisconsin

Every Woman in Medicine is a Leader

– Define Your Value and Your Path

Tammie Chang, MD

*Luisa Duran, MD
Pink Coat, MD*

July 10 • Advanced Practice Providers

Enhancing The Well-being of APPs: A

Holistic Approach

Sharona Johnson, PhD

Christina Bowen, MD

Monique Thornton,

LCSW

ECU Health

Unbecoming the Medical Hero

Amy Painter, MSN

AdventHealth

Supporting Provider Wellbeing Across

Diverse Practices

Bridget Garmisa, MSN

Children's Hospital of Philadelphia

Path to Enhancing Professional

Fulfillment and

Decreasing Burnout

Clair Mariam Kuriakose, MBA, PA-C, FACHE

Stanford Medicine

[View the Full Agenda](#)

Register NOW for our next webinar! – Tyra Fainstad, MD – April 21, 2023



Tyra Fainstad, MD

Associate Professor of Medicine

University of Colorado

REGISTER NOW

Better Together Physician Coaching: Addressing Burnout in Medical Learners

In this webinar, participants will come away with a concrete understanding of the complex factors and history that have created the physician burnout problem that we now face. We will discuss evidence-based interventions with a focus on group coaching to understand why the solution must involve both the system and the individual in a unique, supported way. Finally, the webinar will end with an example of a digital group coaching model that is scalable and effective in groups of any size.

About the Speaker

Tyra Fainstad is an Associate Professor of Medicine at the University of Colorado where she is a primary care doctor and as teaching attending for Internal Medicine residents. She has a scholarship interest in learner-centered feedback, assessment bias, and psychologically safe educational environments. She is also a certified professional life coach and has created and co-directs an online group coaching program for physicians and trainees called Better Together Physician Coaching. Her purpose now is to create space for change through helping learners access inner validation rather than relying on external praise. She believes that teaching physicians to process emotions with vulnerability and unconditional love will be what saves our profession from burnout.

The Well-Being Connector Podcast – Joan McArthur Blair, EdD & Jeanie Cockell, EdD



Joan McArthur Blair, EdD

Jeanie Cockell, EdD

Cockell McArthur-Blair Consulting

Season 3, Episode 3

Hosted by **Michael Brown, MD**. For a full list of episodes and streaming platforms, follow this [link](#).

LISTEN NOW

About the Speakers

Dr. Joan McArthur-Blair, Co-President of Cockell McArthur-Blair Consulting is an inspirational writer, speaker and facilitator. She believes positive leadership matters in the world and all of her work is around enabling and fostering that generative possibility. Joan specializes in the use of appreciative inquiry and appreciative resilience to foster leadership development, strategic planning and innovative strategies for organizational and team development.

Dr. Jeanie Cockell is a dynamic facilitator who is known for her creativity, sense of humor, sensitivity, and ability to get diverse groups to work collaboratively together. She is a leader in Appreciative Inquiry as an organizational and community development process, a research methodology and foundation for fostering collaboration in groups. Through her research and writing she has contributed to the development of new Appreciative Inquiry theory and practice. She is a certified Appreciative inquiry Facilitator trainer for the Center for Appreciative Inquiry and a member of the Council of Practitioners for the David Cooperrider Center for Appreciative Inquiry.

News, Research & Resources

You may need a subscription to read some of these articles.

Gratitude Practice for Nurses
SUPPORTING WELL-BEING AND BUILDING A CULTURE OF GRATITUDE IN NURSING

"Gratitude Practice for Nurses offers research-based strategies to support your well-being and help build a culture of gratitude in your organization.

To get started, download our free Gratitude Practice for Nurses Toolkit, packed with scientific insights and engaging practices you can try on your own or share with colleagues." – ***The Greater Good Science Center at the University of California, Berkeley***

Coworker abuse in healthcare: voices of mistreated workers.

"Nurses have reported experiencing horizontal abuse and bullying (e.g., bullying by other nurses) and perceive that workplace bullying results in errors. Using posts from the social media site Reddit, researchers sought to understand who perpetrates the abuse, types of abuse, perceived reasons, nurses’ responses, and location of abuse. Organizational strategies such as mindfulness, reshaping the culture, bystander interventions and explicit leadership support are suggested to prevent nurse co-worker abuse." – **Evans WR, Mullen DM, Burke-Smalley L. J Health Organ Manag. 2023; Epub Jan 24.**



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Message from the Editor

Do you have news, information or updates that you would like to be considered for publication in our newsletter? If so, share it with us. Here are some examples of potential topics you might wish to submit:

1. Events related to the mission that you are running or attending
2. Recently published research that you found interesting
3. Relevant job postings

- 4. Member job changes or advancements
- 5. Relevant efforts for which you are looking for collaborators
- 6. Anything else you believe might be of interest to Coalition members

Please email Max Kuchenreuther at max@forphysician.org to submit.



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