2017 Faculty Wellness Symposium
Creating a Culture of Wellness and Vitality

Friday, November 17, 2017 - 7:30 AM – 3:40 PM, S1.203 (reception to follow)
Click here to register!

Keynote Speakers

8:00 AM – 9:50 AM

The Five Pillars of Resilience:
Evidence-Based Strategies for Battling Burnout

Michael Wiederman, PhD
Director of Faculty Development
University of South Carolina, School of Medicine, Greenville

10:00 AM – 11:00 AM

Managing Stress, Building Resilience

Adi Haramati, PhD
Professor of Integrative Physiology
Department of Biochemistry, Molecular & Cellular Biology and the
Department of Medicine, Georgetown University School of Medicine

Sian Cotton, PhD
Associate Professor
Director, Center for Integrative Health and Wellness and UC Integrative
Health and Medicine

11:10 AM – 12:30 PM

A Physician’s Road to Recovery

Adam Hill, MD
Director of Palliative Care, Riley Hospital for Children, Indianapolis

Breakout Sessions

1:35 PM – 2:35 PM
- An Experiential Introduction to Mind-Body Medicine* – Drs. Haramati and Cotton
- Busy, Busy, Busy: Managing Time, Stress and Sleep – Dr. Wiederman

2:40 PM – 3:40 PM
- An Experiential Introduction to Mind-Body Medicine (continued from 1:35 PM) – Drs. Haramati and Cotton
- Trauma, Loss, and Grief: Self-Care for the Clinical Care Provider – Michelle Ernst, PhD; (2nd speaker TBA)

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## Morning sessions and lunch

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<td>7:30-8:30</td>
<td>Check-in, breakfast</td>
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<tr>
<td>8:00-8:15</td>
<td>Welcome</td>
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| 8:10–9:50 AM  | **The Five Pillars of Resilience: Evidence-Based Strategies for Battling Burnout** | 1. Identify 5 domains of evidence-based strategies and practices for preventing burnout and building personal resilience  
2. Describe several specific practices to enhance self-awareness, self-management, relationship management, and purpose  
3. Apply behavioral and psychological principles to increase the likelihood of initiating and sustaining practice of the strategies entailed in the session | Michael Wiederman               |
| 10:00–11:00 AM| **Managing Stress, Building Resilience**                             | 1. Summarize the issues pertaining to physician stress and burnout  
2. Describe the physiology of stress  
3. Explain why mindful approaches have a physiological basis and how these approaches can work to manage stress and build resilience | Adi Haramati, Sian Cotton       |
| 11:10 AM–12:30 PM | **A Physician’s Road to Recovery**                               | 1. Explain the stigma associated with mental health/substance abuse disorders  
2. Develop an awareness of physician wellness and self-care plans  
3. Converse about empathy, creating a culture of workplace support | Adam Hill                       |
| 12:30–1:30 PM | **Lunch; Chair Massages and Yoga Classes** Updates on wellness initiatives at UCCOM and CCHMC | 1. Identify ongoing initiatives at CCHMC to address burnout and promote wellness | Tom Boat, Sian Cotton, Jessica Kahn |

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### Afternoon sessions

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<tr>
<td>1:35–2:35 PM</td>
<td>An Experimental Introduction to Mind-Body Medicine (2 hour session)</td>
<td>TBA</td>
<td>Adi Haramati, Sian Cotton</td>
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|               | **Busy, Busy, Busy:** Managing Time, Stress and Sleep                  | 1. Identify their triggers for stress and personal relationships with busyness  
|               |                                                                     | 2. Explain several strategies and practices for stress management  
|               |                                                                     | 3. Describe several behaviors conducive to attainment of quality sleep              | Michael Wiederman              |
| 2:40–3:40 PM  | An Experimental Introduction to Mind-Body Medicine (continued)         | TBA                                                                                 | Adi Haramati, Sian Cotton      |
|               | **Managing Emotions and Modulating Moods: Cognitive Strategies for a Less Stressful Life** | 1. Identify irrational beliefs and assumptions underlying undesirable emotional reactions  
|               |                                                                     | 2. Describe the emotion-regulation strategies of thought stopping, decentering, and cognitive restructuring  
|               |                                                                     | 3. Apply the process of cognitive restructuring to address specific instances of undesired emotions in their own lives | Michael Wiederman              |
| 3:45–5:00 PM  | Wine and Cheese Reception                                              | TBA                                                                                 | Michelle Ernst (2nd speaker TBA) |

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