



# The Program for Distressed Physicians

A Continuing Medical Education Course for Disruptive (Distressed) Physicians

May 29 - 31, 2009

August 7 - 9, 2009

December 28 - 30, 2009

### ACCREDITATION/DESIGNATION

Rush University Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Rush University Medical Center designates this educational activity for a maximum of 48 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Program Agenda\*

### Day One

- 8:00 Registration, Continental breakfast
- 8:30 Introduction/ Welcome
- 9:15 Session 1: Group Exercise- Tension in the Physician's World. ALTER
- 10:45 Session 2: Becoming a Physician
- 12:00 Lunch- provided on site
- 1:00 Session 3: DVD- Permission to be Human
- 2:00 Session 4A: Genogram
- 3:00 Session 4B: Shame and Guilt
- 4:00 Session 4C: Homework Assignment
- 4:30 Emotional Check-in & Adjourn for day  
2 hours of evening homework required- Complete genogram, ALTER, read Cost of Anger

### Day Two

- 8:00 Continental breakfast
- 8:30 Session 5: Group Exercise- Emotional Check-in; ALTER/ Costs of Anger
- 9:00 Session 6: Group Exercise- Genogram
- 11:30 Lunch- provided on site
- 12:30 Session 7: Identifying Triggers & Maintaining Behavior Change  
7A- Grounding Skills  
7B- Communication Techniques  
7C- Role Play
- 3:00 Session 8: Intent to Change & Flooding Exercise (Homework assignment)  
2 hours evening homework required- Intent to Change exercise/ review flooding, TSI

### Day Three

- 8:00 Continental breakfast
- 8:30 Session 9: Group Exercise- Emotional Check-in; ALTER
- 9:00 Session 10: Role-play Exercise
- 10:30 Session 11A- Assertiveness  
Session 11B- Relapse prevention
- 11:30 Lunch- provided on site
- 12:30 Session 12: Physician Stress Management
- 2:30 Session 13A- Intent to Change  
13B- Emotional Check-in/ Final feedback

Homework required for 3 follow-up group sessions

\*Agenda subject to change

## To Register

Contact: Erica Herrman:

and mention:

Distressed Physician Course

[EHerrman@prckansas.org](mailto:EHerrman@prckansas.org)

(785) 842-9772 phone

(785) 842-5231 fax

Course Requirements that must be completed prior to attendance:

- A telephone interview with Dr. Williams is required prior to registering for the course. Please call 785-842-9772 and mention the Distressed Physician course to schedule an interview.
- An assessment may be required to rule-out certain conditions such as active drug and alcohol addiction and physical or psychological problems that would make participation in the course inappropriate and unproductive. If you have completed a comprehensive assessment or are currently in therapy, those records will be requested in lieu of an assessment.

### Activity Location:

Professional Renewal Center

1201 Wakarusa, Ste: 200E

Lawrence, KS 66049

## Target Audience/ Course Theme

The approach is to provide distressed physicians with a safe, confidential environment where they can learn with their peers about the origins and consequences of their actions and develop new skill sets. The educational modality is guided small group interaction with the opportunity for exchange, feedback, and practice. The group serves as a “learning lab” providing learners the opportunity to “try-out” their newly developing skills.

## Vision

The vision originally developed by the Center for Professional Health faculty at Vanderbilt and adopted for this course is for physicians with disruptive behavior to have an opportunity to learn new behavioral skills to enable them to function in an increasingly complex medical environment, document specific behavioral changes and maintain their position and privileges in their practice or hospital staff. Course consists of a three day initial period and three one-day follow-up sessions.

## Learning Objectives

Upon the completion of the program, the participant should be able to:

- Define and discuss the components of the core competency areas of Professionalism and Interpersonal and Communication Skills
- Identify the different types of behaviors that constitute disruptive physician behavior, and discuss the many factors and issues that contribute to disruptive behavior
- Identify and understand personal risk factors of the distressed physician
- Discuss healthy boundaries and appropriate expression of emotions among staff, colleagues and patients
- Identify the impact of disruptive behavior on patients and the system at large
- Show increased appreciation of the role of professionalism and interpersonal skills within a health care team
- Identify relapse prevention strategies

## Faculty

### Course Director

Betsy White Williams, PhD MPH  
Assistant Professor  
Department of Psychiatry  
Department of Behavioral Science  
Rush University Medical Center

Clinical Director  
Professional Renewal Center

### Course Faculty

John Robertson, PhD  
Professor Emeritus  
Department of Counseling and  
Educational Psychology  
Kansas State University

Director of Psychological Services  
Professional Renewal Center

Randall Krehbiel, LSCSW  
Licensed Clinical Social Worker  
Professional Renewal Center

Scott Campbell, CARN, RN-BC  
Board Certified Psychiatric &  
Addictions Nurse  
Professional Renewal Center