To Register
Contact: Erica Herrman:
and mention:
Distressed Physician Course
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:

   Chicago Marriott Suites O’Hare
   6155 North River Road
   Rosemont, IL 60018

*Location subject to change based on date of
class

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

The Distressed Physician
Class
A Continuing Medical Education
Course for Disruptive (Distressed)
Physicians
The 2011 Course dates:
January 14-16;
March 11-13;
June 3-5;
September 9-11;
November 11-13

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.
Learning Objectives

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

1. Be able to define and discuss the components of the core competency areas of Professionalism and Interpersonal and Communication skills
2. Be able to identify the different types of behaviors that constitute disruptive physician behavior
3. Discuss the many factors and issues that contribute to disruptive behavior
4. Discuss the relationship between disruptive behavior and patient safety
5. Utilize assessment instruments and genograms to identify and understand personal risk factors for disruptive behavior
6. Utilize behaviors and communication techniques that promote professionalism and good interpersonal and communication skills
7. Utilize healthy interpersonal, communication, and emotional boundaries in their communications with staff, colleagues, and patients.
8. Identify the impact of disruptive behavior on patients and system at large
9. Utilize communication and interpersonal techniques discussed in the activity to increase the level of professionalism in the workplace
10. Identify relapse prevention strategies and implement a relapse prevention plan

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
Michael V. Williams, PhD
Principal, Wales Behavioral Assessment
Director of Research
Professional Renewal Center

Betsy White Williams, PhD MPH
Assistant Professor
Clinical Director
Professional Renewal Center

Department of Psychiatry
Department of Behavioral Science
Rush University Medical Center

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.