

## OVERVIEW

- ◆ 3-day CME course with 3 follow up days, originally developed by Dr. Andy Spickard and his colleagues at *Vanderbilt Medical Center*
- ◆ Presented by Dr. Martha Brown and her colleagues at UF College of Medicine
- ◆ Designed to address specific needs of physicians whose workplace behavior has become problematic
- ◆ Course combines didactic presentations, role-play with focused feedback, group feedback from peers and colleagues, plus review of workplace/family complaints
- ◆ Participants will receive training in alternative behaviors and explore cognitive distortions that relate to their problems
- ◆ Course will focus on the problems identified by specific complaints

### **This three day course includes components examining:**

- Teach new skills in the recognition and expression of emotions that lead
- Provide a syllabus of selected readings and resources for the distressed physician
- Provide strategies for the prevention of inappropriate behavior
- Provide follow-up and support in maintaining behavior changes along with workplace monitoring

### **Objectives:**

- Know and understand the issues around disruptive behavior and promote prevention treatment of physicians
- Discuss healthy boundaries and appropriate expression of emotions among staff colleagues and patients.
- Identify personal risk factors by completing assessment instruments
- Identify relapse prevention strategies
- Discuss personal disruptive behavior from the viewpoint of staff, patients, colleagues, and administrators

## **Dates for Distressed Physicians**

### **CME Course:**

Jan 16-18, 2019    March 27-29, 2019  
May 16-18, 2019    August 14-16, 2019  
Oct 9-11, 2019    Nov 20-22, 2019

### **Course Director**

Martha E. Brown, MD

To register, visit our website:

[www.drmarthabrown.com](http://www.drmarthabrown.com)

### **UF Springhill Health Center**

4197 NW 86th Terrace  
Gainesville Florida 32606

For more information please call  
352-265-5300

### **Preferred Hotels**

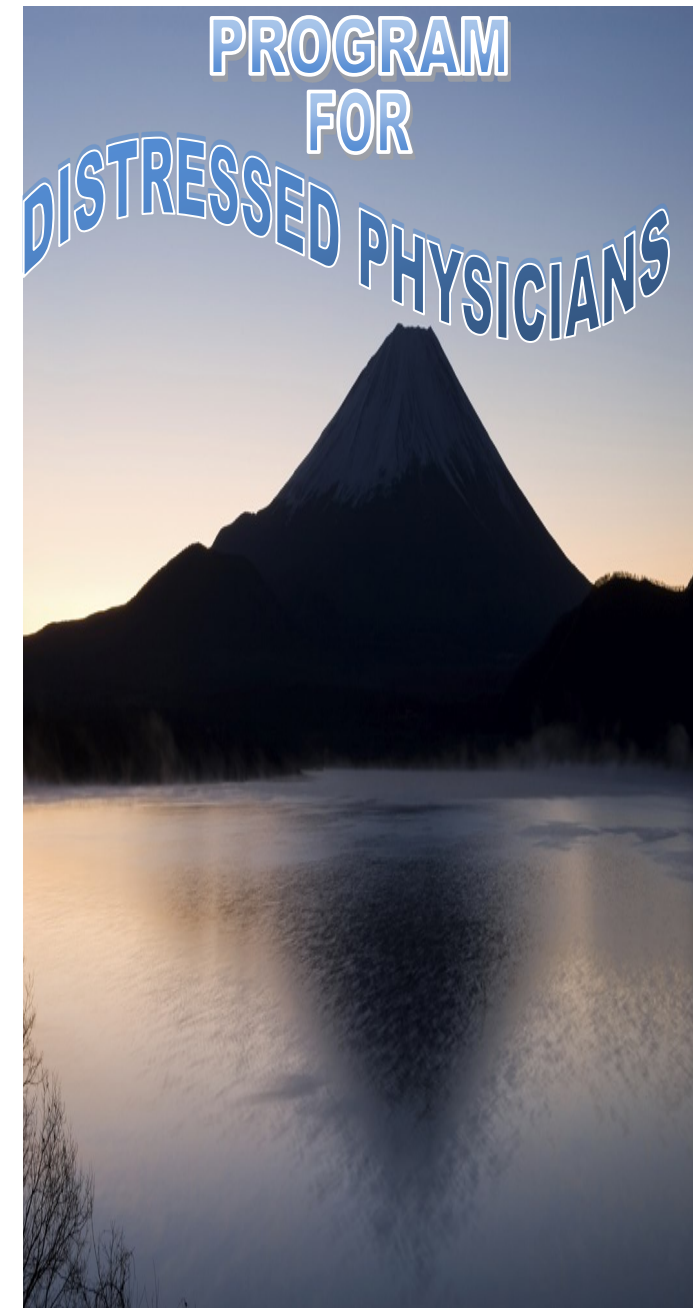
**Best Western Gateway Grand—352-331-3336**  
**Springhill Suites—352-376-8873**  
**Double Tree by Hilton—352-375-2400**  
**Hilton UF Conference Center 352-371-3600**

### **Accreditation**

The University of Florida College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### **Credit**

The University of Florida College of Medicine designates this live activity for a maximum of 47.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



**UF** | **Continuing  
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Department of Psychiatry, Addiction Medicine Division



# Program for Distressed Physicians

8:00 am Registration/Continental Breakfast

8:30 am Introduction/Welcome

9:15 am Session 1  
Group Exercise—Tension in the Physician’s World—Group discussion about confidentiality and group process. Participants will discuss why they were referred and establish goals for the course.

11:00 am Session 2  
**Becoming a Physician**—A lecture and discussion about the process involved in physician training as well as some common personality traits.

12:00 Lunch—provided on site

1:00 pm Session 3—DVD  
**Permission to Be Human**

2:00 pm Session 4A—**The Power of Shame**  
A lecture that will focus on the powerful affect of shame and how it influences behaviors.

3:00 pm Session 4B—**Family of Origin**  
Connections between past and present

4:00 pm Session 4C—Homework Assignment

4:30 pm Emotional Check-Up Go Around

5:00 pm Adjourn

\*2 hours of evening homework required—Complete Genogram Exercise ALTER—Read Costs of Anger (Ch. 2 in the Anger Control Workbook), and Baugh Relationship Index (BRI)

8:00 am Continental Breakfast

8:30 am Session 5 Group Exercise—Emotional Check-Up Go Around—ALTER/CALM/ Costs of Anger Discussion

9:00 am Session 6—Group Exercise—Genogram

12:00 Lunch—provided on site

1:00 pm Session 7  
**Identifying Specific Triggers & Maintaining Behavior Change**  
7A—Grounding Skills  
7B—Communication Techniques  
7C—Role Play

4:30 pm Session 8  
**Intend to Change and Flooding Exercises (Homework assignment)** Return Self-Assessment Instruments (FACES II, ACE) Explanations—consent form; CME credits; VUMC Notice of Privacy Practices

5:00 pm Emotional Check-Up/Begin Role-Play

5:30 pm Adjourn

\*2 hours of evening homework required—Complete Intend to Change and Flooding Exercises/Review Self Assessment instruments

If you must cancel your registration, the UF CME office will refund your registration fee, less \$500.00, provided you notify us 30 days prior to the start of the course. No refunds will be made after that time. Exceptions will be made on a case by case basis for justifiable emergencies. Registration may be transferred to another course date provided the request is made more than 30 days prior to the start of the course you are registered for. In the event of cancellation or rescheduling of this CME activity due to unforeseen circumstances, registration fees will be refunded in full. UF is not responsible for non-transferable, non-refundable airline tickets, or hotel accommodations purchased in connection with attendance at this CME activity .

8:00 am Continental Breakfast

8:30 am Session 9 Group Exercise—Emotional Check Up Go Around-ALTER/CALM

9:00 am Session 10  
Role-Play Exercise (continued from Day Two)

11:00 am Session 11  
11A—Assertiveness II  
11B—Relapse Prevention

12:00 Working Lunch—provided on site  
Session 12—**Thriving Despite it All: Physician Stress Management**

1:00 pm Session 13  
Session 13A—**Intend to Change Written Exercise**  
Experiential exercise in which the participants review three behaviors they wish to change as a result of the course.  
Session 13B  
Emotional Check-Up Go Around  
Final Feedback  
Discuss *Bridge Story*

Homework Assignment for 1st Follow-Up Group—Complete evaluation

3:00 pm Adjourn

Three one day follow up sessions are required

Schedule is subject to change