



The Coalition for  
**Physician**  
Well-Being

**E-Newsletter**

April 2023

### **In This Issue...**

1. 2023 Pre-Conference Agenda – The Joy & Wholeness Summit – Register NOW!
2. Register for April's Webinar – Tyra Fainstad, MD – April 21, 2023
3. The Well-Being Connector Podcast – Joan McArthur Blair, EdD & Jeanie Cockell, EdD
4. News, Research & Resources

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

**JOY &  
WHOLENESS  
SUMMIT**

**JULY 10-12, 2023**  
PARK CITY, UTAH

**GENERAL REGISTRATION**  
\$775 MEMBERS · \$875 NON-MEMBERS

**IMMERSIVE PRE-CONFERENCES (\$150 EACH)**  
GRADUATE MEDICAL EDUCATION  
WOMEN PHYSICIANS  
ADVANCED PRACTICE PROVIDERS

PRESENTED BY  
The Coalition for  
**Physician**  
Well-Being

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 Wellness Research

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**

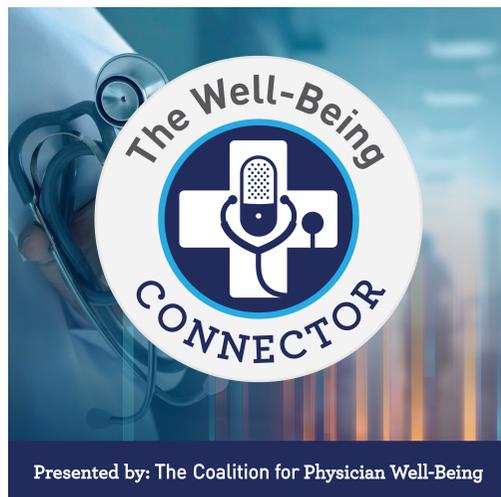
### **Better Together Physician Coaching: Addressing Burnout in Medical Learners**

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.

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## News, Research & Resources

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*\*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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The banner features a blue wavy graphic at the top left. Below it is the logo for 'The Coalition for Physician Well-Being'. To the right, the text 'Check out our Linktree!' is displayed in blue. Below this text are icons for LinkedIn, Instagram, Facebook, and Twitter. Further right, a white box contains the URL 'linktr.ee/forphysician'. Below the URL is a list of items: 'Social Links', 'Webinars & Podcasts', 'Conference Info', and 'Mobile App Download'. To the right of the list is a QR code. The banner ends with a blue wavy graphic at the bottom right.

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## Message from the Editor

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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](mailto:max@forphysician.org) to submit.**



900 Hope Way | Altamonte Springs, FL 32714

If you prefer not to receive these emails you may [unsubscribe from our list.](#)