

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

Target Audience — Physicians and other health care professionals, as well as other types of professionals such as attorneys referred to the course for disruptive behavior and those interested in increasing knowledge and leadership skills in the recognition and expression of emotions that leads to disruptive behavior.

Dates for Distressed Physicians

CME Course:

Jan. 22-24, 2020	March 18-20, 2020
May 6-8, 2020	June 24-26, 2020
Aug. 12-14, 2020	Sept. 23-25, 2020
Oct. 28-30, 2020	Dec. 9-11, 2020

Course Director

Martha E. Brown, MD

To register, visit our website:
professionalism.psychiatry.ufl.edu

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 (ACCME) to provide continuing medical education for physicians.

Credit

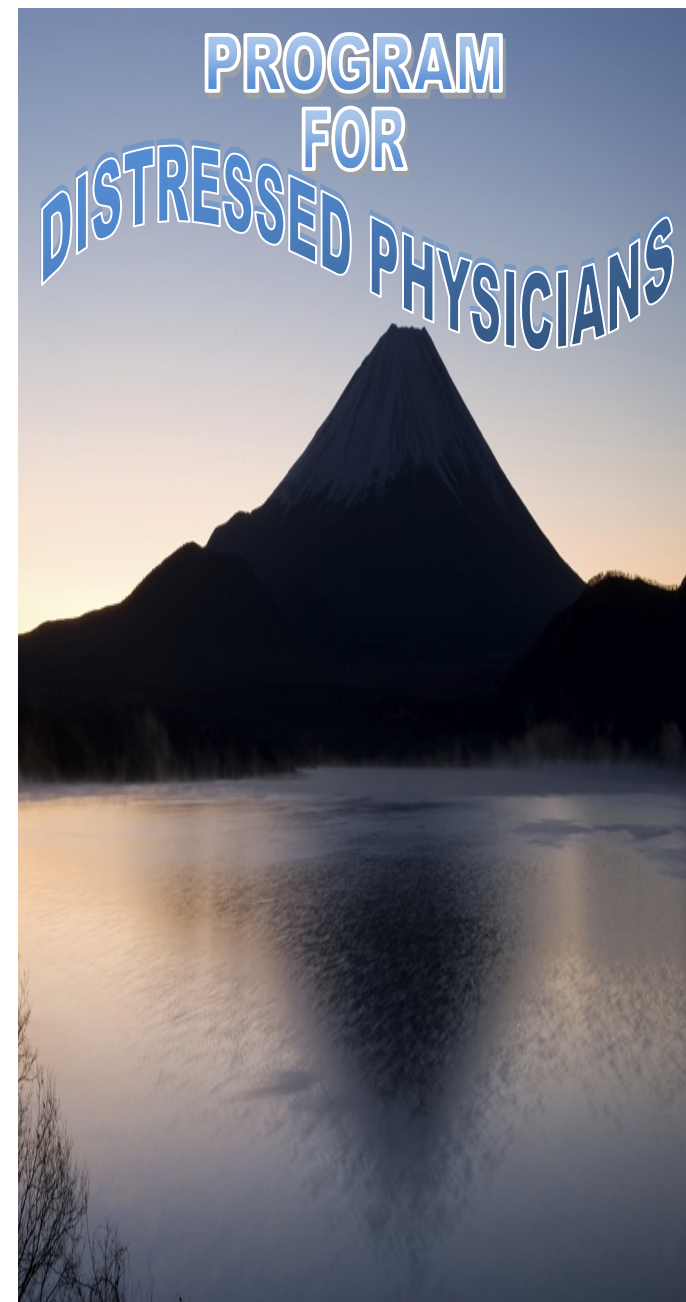
The University of Florida College of Medicine designates this live activity for a maximum of 48.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CME Planning Committee Disclosure

Conflict of interest information for the CME Advisory Committee members can be found on the following website: <https://cme.ufl.edu/disclosure/>.

Disclosure Statement

Dr. Martha Brown, Dr. Elizabeth Jenkins & Dr. Karen Nicholson declare that they do not have any financial disclosures. No one else in a position to control the content of this activity has any financial relationships to disclose.



UF

**Continuing
Medical Education**
UNIVERSITY of FLORIDA

Department of Psychiatry
Addiction Medicine Division



Program for Distressed Physicians

8:00-8:30 am	Registration/Continental Breakfast	8:00-8:30 am	Continental Breakfast	8:00-8:30 am	Continental Breakfast
8:30-8:45 am	Introduction/Welcome	8:30-9:00 am	<u>Session 5</u> Group Exercise—Emotional Check-Up Go Around—ALTER/CALM/Costs of Anger Discussion	8:30-9:00 am	<u>Session 9</u> Group Exercise—Emotional Check Up Go Around ALTER/CALM
8:45-10:45 am	<u>Session 1</u> —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.	9:00-12:00 pm	<u>Session 6</u> Group Exercise — Genogram	9:00-11:30 am	<u>Session 10</u> Role-Play Exercise (continued from Day Two)
10:45-11:00 am	Break	12:00 –1:00 pm	Lunch — provided on site	11:30—12:00 pm	<u>Session 11</u> 11A — Assertiveness II 11B — Relapse Prevention
11 am - 12 pm	<u>Session 2- Becoming a Physician—</u> A lecture and discussion about the process involved in physician training as well as some common personality traits.	1:00 - 4:30 pm	<u>Session 7</u> Identifying Specific Triggers & Maintaining Behavior Change 7A — Grounding Skills 7B — Communication Techniques 7C — Role Play	12:00-1:00 pm	Working Lunch—provided on site <u>Session 12</u> — Thriving Despite it All: Physician Stress Management
12:00 - 1:00 pm	Lunch—provided on site	4:30-5:00 pm	<u>Session 8</u> 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	1:00-3:45 pm	<u>Session 13</u> 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 <i>Bridge Story</i> ; Homework Assignment for first Follow-Up Group & Complete evaluation
1:00-1:45 pm	<u>Session 3</u> - DVD - Permission to Be Human	5:00-5:30 pm	Emotional Check-Up/Begin Role-Play	3:45 pm	Adjourn
1:45-2:45 pm	<u>Session 4A</u> — The Power of Shame. A lecture that will focus on the powerful affect of shame & how it influences behaviors.	5:30 pm	Adjourn		
2:45-3:00 pm	Break				
3:00-4:30 pm	<u>Session 4B</u> — Family of Origin Connections between past and present				
4:00-4:30 pm	<u>Session 4C</u> — Homework Assignment				
4:30-5:00 pm	Emotional Check-Up Go Around				
5:00 pm	Adjourn				

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

Accommodations for Disabilities or Special Requests, Including Dietary

Please notify Natalie Brown at natbrown1104@ufl.edu a minimum of ten working days prior to the conference so that adequate consideration may be given to your request. Special dietary restrictions should also be submitted in advance.

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.

Three one day follow up sessions are required

The following lectures will be presented by Martha E. Brown, MD, Elizabeth A. Jenkins, PhD, and Karen J. Nicholson, PhD.

Schedule is subject to change