

# To Register

**Contact:** Nathaniel Williams  
and/or Mette Esbensen  
and mention...

The Distressed Physician Course  
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mesbensen@prckansas.org  
Phone: (785) 842-9772  
Fax: (785) 842-5231

Course Requirements that must be  
completed prior to attendance:

- A telephone interview with Dr. Betsy Williams. Please call 785-842-9772 and mention the Distressed Physician course to schedule an interview.

## Vision

The course was originally developed by Vanderbilt Center for Professional Health. They graciously shared the content of this course with us.

The course allows referred healthcare providers to learn new behavioral skills that enable them to function in an increasingly complex medical environment, through making specific behavioral changes.

**The course is conducted  
virtual live due to the  
COVID-19 pandemic**

# Program Agenda\*

## Day One Topics

- Introduction/Welcome
- Session 1: Tension in the Physician's World. ALTER, Changing Landscape of Medicine
- Session 2: Becoming a Physician
- Session 3: DVD-"Permission to be Human"
- Session 4A: Systems Theory
- Session 4B: Shame and Guilt
- ALTER, Emotional check-in and discussion of homework assignments

## Day Two Topics

- Introduction, ALTER
- Session 5: Continuum of Problematic Behaviors in Medicine. Homework review, group discussion
- Session 6: Genogram presentations
- Session 7: Identifying Triggers and Maintaining Behavior Change
- 7A: Grounding Skills didactic
- 7B: Communication Techniques
- 7C: Practicing skills (Role play)
- Session 8: SMART criteria
- Emotional check-in and discussion of homework assignments

## Day Three Topics

- Introduction, ALTER
- Session 9: Group Exercise: Emotional Check- in, ALTER
- Session 10: Role-play exercise
- Session 11A: Assertiveness II
- Session 11B: Relapse prevention
- Session 12: Physician Stress Management, Self-regulation, PERMA
- Emotional check-in, Final feedback

**\*Agenda subject to change**



# The Program for Distressed Physicians

## 2023 Dates:

**January 27-29, 2023**

**March 10-12, 2023**

**June 2-4, 2023**

**August 4-6, 2023**

**October 6-8, 2023**

**December 8-10, 2023**

**This activity has been approved  
for 39.00 AAFP prescribed credit  
which are equivalent to AMA  
PRA Category 1 Credit™**

# Course Approach

Participants engage in a safe, confidential environment where they can learn from and with peers about the origins and consequences of their actions and develop new skill sets.

## Educational Modalities:



Didactic sessions, written and reading assignments, small group discussions, role-play with the opportunity for feedback, and practice.

The group serves as a “learning lab” providing learners the opportunity to “try-out” their newly developing skills.

# Learning Objectives

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

- Define and describe the elements of the core competency areas of Professionalism, Interpersonal and Communication Skills, and Systems-based practice.
- Identify the consequences of disruptive behavior on the the clinical team and Patient Care more broadly.
- Identify personal risk factors for disruptive behavior in the workplace.
- Identify activities that will decrease personal risk factors for disruptive behavior.
- Demonstrate the use of assertive communication techniques when interacting with other professionals.

# Course Information

- This is a six-month course. There are three initial days (Friday through Sunday) and follow up dates at one, three, and six months post participation in the initial activity. Follow ups are on Saturday or Sunday.

**Course Cost:** \$5,250

# Faculty

## Course Director:

Betsy White Williams, PhD, MPH,  
FSACME  
Director of Education  
Wales Behavioral Assessment

## Course Faculty:

Betsy White Williams, PhD, MPH,  
FSACME  
Director of Education  
Wales Behavioral Assessment

Patrick Rankin, M.D.  
Chief Physician Executive

Michael V. Williams, PhD  
Principal & Director of Research  
Wales Behavioral Assessment

## Additional Faculty:

Phil Flanders, PhD  
Jamie Dempewolf, LMSW  
Lois Johnson, LSCSW  
Samantha Mitchell, LMLP  
Kaci Wilson, LMSW

