



## Minnesota Psychiatric Society Spring Scientific Meetings Saturday, April 28, 2018

Scientific Program 7:45 am - 5:00 pm

### "Reclaiming Our Joy and Wonder as Healers"

Awards Presentation & Program 5:30 - 9:00 pm

### 2018 MPS Annual Recognition Dinner

[Register online](#)

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Charleston Event Center

4525 White Bear Parkway, White Bear Lake, MN 55110

Spring Scientific Program

### "Reclaiming Our Joy and Wonder as Healers"

Awards Presentation & Program

### 2018 MPS Annual Recognition Dinner

Jointly provided by the American Psychiatric Association and Minnesota Psychiatric Society

**Scientific Program:** 7:45 am - 5:00 pm ~ **Recognition Dinner** - 5:30 - 9:00 pm

#### Overview

Professional burnout and mental health vulnerability are significant concerns affecting physicians in training and practicing physicians. Professional burnout can impact physicians' health and quality of life, the quality of care they provide, and their productivity and workforce participation. Although psychiatrists appear to be less affected than physicians from many other specialties, there is substantial evidence of burnout and vulnerability among psychiatrists, and opportunities to enhance psychiatrist wellness through research, education and intervention. Moreover, psychiatrists are in an ideal position to provide expertise and knowledge to others in the health care professions, especially with regard to distinguishing between burnout and depression and the best approaches to both conditions. This conference brings together resources developed to serve physicians at risk for burnout, and introduces solutions designed to prevent its onset.

#### Scientific Program Agenda - "Reclaiming Our Joy and Wonder as Healers"

- 7:45 am Check-In and Continental Breakfast  
8:30 am *Opening Remarks* – Mary Beth Lardizabal, DO  
8:45 am *Keynote: A Return to Joy* – Corey Martin, MD  
10:15 am Break  
10:30 am *Focusing on Awe and Wonder* – Scott Oakman, MD  
11:30 am *Statewide Action Framework to Reduce Burnout* – Rahul Koranne, MD, MBA, FACP  
12:30 pm Lunch  
1:30 pm Breakout Session 1
- *Addressing Addiction: HPSP (Health Professionals Service Program) & PSP (Physicians Serving Physicians)* – Sheila Specker, MD, and Karen Dickson, MD
  - *Mindfulness 101* – Mary Beth Lardizabal, DO, FAPA
  - *Resident Wellness* – Rana Elmaghraby, MD
  - *APA Steps Forward: Medical Staff Wellness in Systems* – Sandra Shallcross, PhD, LP
- 2:30 pm Breakout Session 2
- *Compassion Training* – Mary Beth Lardizabal, DO, FAPA
  - *QiGong* – Jayson King, BS, RN, BCTMB, HNB-BC
  - *Japanese Art of Hot Towels as a Calming Technique* – Stacy Miorana, RN, HNB-BC, HTI-PA
  - *Therapeutic Yoga Techniques for Resilience* – Dee Churchill, Certified Yoga Therapist
- 3:30 pm Break  
3:45 pm *Recap of Resources* – Panel: Mary Beth Lardizabal, DO, FAPA; Corey Martin, MD  
4:15 pm *Summary Wellness Exercise and Conclusion* – Mary Beth Lardizabal, DO, FAPA; Corey Martin, MD  
5:00 pm Adjourn

#### Annual Recognition Dinner & Awards Program

- 5:30 pm Reception  
6:30 pm Dinner  
7:15 pm Year in Review & Awards Presentations – MPS President Paul Goering, MD  
7:45 pm *Keynote: Psychiatry in the 21st Century: Challenges and Opportunities* – APA President-elect Altha Stewart, MD

**Educational Objectives** - At the end of the educational activity, the learner will be able to:

- *Discuss the growing evidence of medical and mental health professional burnout.*
- *Describe the impact of burnout on professionals and its implications for health care systems.*
- *Review the MHA study data to build improvement goals.*
- *Review and access available resources to address burnout and improve wellbeing.*
- *Determine action steps to personally improve resilience.*
- *Determine actions steps to create a more resilient workplace.*
- *Recognize how psychiatric workforce and practice will change in the 21st century.*

#### Who Should Attend

This educational activity is intended for psychiatrists, primary care physicians, psychologists, social workers, physician assistants, registered nurses, advanced practice nurses, and clinic administrators. All mental health professionals and general health professionals are welcome, including students and residents.

#### Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the American Psychiatric Association (APA) and Minnesota Psychiatric Society. The APA is accredited by the ACCME to provide continuing medical education for physicians.

#### Designation

The APA designates this live activity for a maximum of 8.0 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only credit commensurate with the extent of their participation in the activity.