



CEDARS-SINAI
DEPARTMENT OF PSYCHIATRY

Harnessing Stress Management and Emotional Intelligence to Enhance Performance and Fulfillment: A Skills-Lab for Healthcare Professionals

SATURDAY, MARCH 18, 2017
8:15 A.M. – 5:00 P.M.



This conference is designed to address the need to improve the well-being of healthcare professionals. Attendees will have the opportunity to attend 2 of the skill lab sessions (4 choices in the morning and 4 choices in the afternoon) that will be offered during the conference.

CONFERENCE LOCATION

Cedars-Sinai Medical Center
Harvey Morse Auditorium
8701 Gracie Allen Dr., Los Angeles, CA 90048
310-423-5548

For the latest course information and to register visit www.cedars-sinai.edu/psychcme

ACTIVITY INFORMATION

COURSE DESCRIPTION AND STATEMENT OF NEED

There is a growing body of literature on the need to improve well-being of healthcare professionals over the past five years. In the U.S., healthcare professionals suffer more burnout than other workers, with prevalence rates as high as 50% in physicians. Extensive research over the past decade illustrates that this issue could have a profound effect on the quality of patient care and there is concern that it might lead to early departure from the practice of medicine.

This unique course will examine the importance of wellness and provide recommendations, tools, and resources that healthcare professionals could utilize to develop resiliency, work/life balance, and self-care. By using a skills lab approach, attendees are expected to learn and practice stress management methods, and emotional intelligence techniques with the opportunity to meet in small groups with fellow healthcare professionals to acquire and practice wellness skills.

EDUCATIONAL OBJECTIVES

- Describe the methods of promotion of wellness
- Acquire and practice emotional intelligence skills
- Acquire and practice stress management skills
- Develop the skills necessary for sustained wellness
- Encourage trainees to actively participate in wellness activities

ACCREDITATION STATEMENT

Cedars-Sinai Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians



CREDIT DESIGNATION STATEMENT

Cedars-Sinai Medical Center designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.

NURSES

The California State Board of Registered Nursing accepts courses approved by the ACCME for Category 1 credit as meeting the continuing education requirements for license renewal.

POLICY ON DISCLOSURE

It is the policy of Cedars-Sinai Medical Center to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. Cedars-Sinai Medical Center assesses conflicts of interest with its faculty, planners, and managers of CME activities. Conflicts of interest that are identified are resolved by reviewing that presenter's content for fair balance and absence of bias, scientific objectivity of studies utilized in this activity, and patient care recommendations.

While Cedars-Sinai Medical Center endeavors to review faculty content, it remains the obligation of each physician or other healthcare practitioner to determine the applicability or relevance of the information provided from this course in his or her own practice.

ACKNOWLEDGMENT OF COMMERCIAL SUPPORT

We greatly appreciate the support received from the Ellen and Sidney R. Cooperman Endowed Lectureship Fund.

ACTIVITY DETAILS

PARKING

Self-parking is available in parking lots 1, 2, and 4 for a nominal fee of \$10 for the day.

HOTEL ACCOMMODATIONS

For a detailed list of hotels convenient to the medical center, please visit csmc.edu/visitors. Select the Patient & Visitor Information tile, then select Los Angeles Area Resources from the left-side navigation to find restaurant, lodging and other resources.

When making reservations at any of these hotels, please be sure to mention that you are attending a conference at Cedars-Sinai to ensure you are receiving the best current reservation rate.



AGENDA

8:15 A.M.	Registration and continental breakfast	
8:45 A.M.	Opening remarks	<i>Itai Danovitch, MD, MBA</i>
8:50 A.M.	Introductory remarks	<i>Steven J. Jacobs, MD</i>
9:00 A.M.	Keynote Speaker: Successful living	<i>Dilip Jeste, MD, APA</i>
10:00 A.M.	Can emotional intelligence enrich your personal and professional life?	<i>Bruce Gewertz, MD</i>
10:45 A.M.	Break	

11:00 A.M. EMOTIONAL INTELLIGENCE SKILLS LAB:

Breakout sessions with group facilitators on Emotional intelligence Skills: (SELECT 2)	
<input type="checkbox"/> Self-awareness	Facilitators: <i>Bruce Gewertz, MD,</i>
<input type="checkbox"/> Self-management	<i>Daniel Shouhed, MD,</i>
<input type="checkbox"/> Social awareness	<i>Waguih William IsHak, MD,</i>
<input type="checkbox"/> Relationship management	<i>Jorge Cherbosque, PhD.</i>

12:00 P.M.	Lunch – Healthy nutritious meals	<i>Alicia Trocker MS,RDN</i>
1:00 P.M.	Day to day self-compassion and self-care	<i>Jorge Cherbosque, PhD</i>
2:00 P.M.	Resilience and optimal performance	<i>Stephen Sideroff, PhD</i>

3:00 P.M. STRESS MANAGEMENT SKILLS LAB:

Breakout sessions with group facilitators on Stress Management Skills: (SELECT 2)	
<input type="checkbox"/> Progressive muscle relaxation	Facilitators: <i>Rebecca Hedrick, MD,</i>
<input type="checkbox"/> Meditation	<i>Paula Ravets, PhD,</i>
<input type="checkbox"/> Breathing exercises	<i>Lekeisha Sumner, PhD,</i>
<input type="checkbox"/> Biofeedback	<i>Stephen Sideroff, PhD</i>

4:15 P.M.	Re-inhabiting our lives as physician-healers in an Electronic age through imagery	<i>Gabriella Miotto, MD</i>
5:00 P.M.	Adjourn	

REGISTRATION

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WAYS TO REGISTER

ONLINE registration: cedars-sinai.edu/psycheme and click on CME Course Calendar

MAIL form to: Cedars-Sinai Medical Center

Office of Continuing Medical Education, Attn: Registration
8797 Beverly Blvd., Suite 250, Los Angeles, CA 90048

FAX form to: 310-423-8596

For additional course or registration information, call 310-423-5548.

Please print clearly

LAST NAME _____ FIRST NAME _____

DEGREE _____ SPECIALTY _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ FAX _____

EMAIL _____

(will be used for all meeting materials and meeting confirmation)

REGISTRATION FEES

	PHYSICIAN	NON-PHYSICIAN	RESIDENT/FELLOW
Received by March 10, 2017	<input type="checkbox"/> \$140	<input type="checkbox"/> \$95	<input type="checkbox"/> \$45
Received after March 10, 2017	<input type="checkbox"/> \$170	<input type="checkbox"/> \$120	<input type="checkbox"/> \$80

CHECK ENCLOSED PAYABLE TO CSMC FOR \$ _____

PLEASE CHARGE MY CREDIT CARD ☐ VISA ☐ MASTERCARD ☐ AMEX FOR \$ _____

CC NUMBER _____ CCV _____ EXP DATE ____/____/____

AUTHORIZED SIGNATURE _____

CONFIRMATION

In order to receive a registration confirmation, please provide your e-mail address or fax number. If you do not receive a confirmation, please call 310-423-5548 to confirm your registration.

REFUND POLICY

All cancellations must be submitted in writing, and refunds will be subject to a \$50 administrative charge. No refunds will be given after March 13, 2017. Please email cancellation request to cme@cshs.org. If you do not receive confirmation of your cancellation via e-mail, please call 310-423-5548.

CANCELLATION POLICY

Cedars-Sinai reserves the right to cancel or reschedule programs due to circumstances beyond its control or close registration when programs are oversubscribed. Registrants are advised against purchasing nonrefundable airline tickets until they receive registration confirmation. Cedars-Sinai is not responsible for penalties incurred as a result of cancelled transportation costs.



We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you.

HOW DID YOU LEARN ABOUT THIS CME ACTIVITY?

- | | | |
|---|---|---|
| <input type="checkbox"/> Brochure or other printed materials | <input type="checkbox"/> Cedars-Sinai CME Website | <input type="checkbox"/> Email Announcement |
| <input type="checkbox"/> Internet Search (Google, Yahoo, etc) | <input type="checkbox"/> Colleague | <input type="checkbox"/> Past Participant |
| <input type="checkbox"/> Journal ads | <input type="checkbox"/> Other _____ | |

FACULTY

COURSE DIRECTOR

Waguih William IsHak, MD, FAPA

Vice Chairman for Education and Research
Department of Psychiatry and Behavioral
Neurosciences
Cedars-Sinai Medical Center
Los Angeles, CA

COURSE CO-DIRECTOR

Karen Miotto, MD

Director, UCLA Addiction Psychiatry Service
Clinical Professor, Department of Psychiatry
and Biobehavioral Sciences
UCLA David Geffen School of Medicine
Los Angeles, CA

COURSE FACULTY

Bruce Gewertz, MD

Hand S Nichols Distinguished Professor
and Chair
Department of Surgery
Vice-Dean For Academic Affairs and
Vice-President, Interventional Services
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Los Angeles, CA

Jorge Cherbosque, PhD

Co-Director, UCLA Staff and Faculty Counseling
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Rebecca Hedrick, MD

Interim Director, Consultation-Liaison Psychiatry
Assistant Professor
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Steven J. Jacobs, MD

Chair, Physician Wellbeing Committee
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Gabriella M. Miotto, MD, MPH

Family Medicine
The Children's Clinic
"Serving Children & Their Families"
Long Beach, CA

CHAIRMAN

Itai Danovitch, MD, MBA

Director, Addiction Psychiatry Clinical Services
Department of Psychiatry and Behavioral
Neurosciences
Cedars-Sinai Medical Center
Los Angeles, CA

KEYNOTE SPEAKER

Dilip Jeste, MD

Past President, American Psychiatric Association
Senior Associate Dean for Healthy Aging
and Senior Care
Estelle and Edgar Levi Chair in Aging
Distinguished Professor of Psychiatry and
Neurosciences
Director, Sam and Rose Stein Institute for
Research on Aging
University of California San Diego
San Diego, CA

Paula Ravets, PhD

Clinical Psychologist and Mindfulness
Meditation Facilitator
Cedars-Sinai Medical Center
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Stephen Sideroff, PhD

Assistant Professor, Department of Psychiatry
& Biobehavioral Sciences
Director, Raoul Wallenberg Institute of Ethics
UCLA David Geffen School of Medicine
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Daniel Shouhed, MD

Assistant Professor, Department of Surgery
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Lekeisha Sumner, PhD

Director, Health Psychology
Cedars Sinai Medical Center
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Alicia Trocker MS, RDN, IFNCP

Outpatient Dietitian Nutritionist
Internal Medicine Suites
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Register Today!

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