Resilience Retreat – Quick Facts

Course Location:
Coronado Boathouse Club Room
1985 Strand Way
Coronado, CA 92118

Hotels Nearby (8-10 min walk):
Suggested: • Glorietta Bay Inn.
           1630 Glorietta Blvd.
           Coronado, CA 92118

Alternatives: • 1906 Lodge
              1060 Adella Ave.
              Coronado, CA 92118
• Hotel Del Coronado
  1500 Orange Ave.
  Coronado, CA 92118

CME:
The University of California, San Diego School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of California, San Diego School of Medicine designates this live activity for a maximum of 11.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The PACE Program
Resilience Retreat
for Physicians

October 26-28, 2018
Hosted by:
Coronado Boat House Club Room

UC San Diego
SCHOOL OF MEDICINE

Physician Assessment and Clinical Education (PACE) Program
paceprogram.ucsd.edu
Wellness that isn’t lip service.

The PACE Program is pleased to announce a new offering to help physicians build a reservoir of resilience and combat the effects of burnout, a widespread syndrome among physicians. This phenomenon is characterized by emotional depletion, going through the motions, and low personal achievement. This weekend course will take place in Coronado, CA and will be capped at 50 attendees.

Topics include:

- The definition, causes, and consequences of burnout
- Cognitive aspects of burnout
- Building a resilience toolkit
- Values and priorities
- Mindfulness
- Obstacles to wellness
- Personal planning and commitment to balance
- Fun activities to choose from

Faculty

Dr. Chris Searles, is Clinical Professor of Psychiatry & Family Medicine at the UC San Diego School of Medicine & Course Director of the UC San Diego PACE Professional Boundaries Program. Formerly, Dr. Searles was the Medical Director of the UCSD Family Health and Wellness Center & the Director of the UC San Diego Combined Family Medicine & Psychiatry Residency Program.

Giovanna Zerbi, Psy.D., CPRP is Program Manager for UC San Diego Psychiatric Outpatient Services, and is a Certified Provider in both Domestic Violence Prevention and Anger Management. She is the Director of the UC San Diego PACE Anger Management for Health Professionals Program. She is a Co-Creator of UC San Diego’s Caregiver Support Team Pilot Program, which is now rolling our system wide.

Agenda

Friday PM (4 - 8 pm)
- Registration, Mocktail Reception, Dinner with Opening Presentation

Saturday AM (7 am - 1 pm)
- Breakfast, Choice of AM Fun Activities, Cognitive Aspects of Burnout/Wellness, Resilience Toolkit Part 1, Lunch

Saturday PM (1 - 7 pm)
- Values & Priorities Part 1, Mindfulness, Digital Detox, Choice of Fun Activities, Dinner on Your Own

Sunday (7 am - 3 pm)
- Breakfast, Choice of Fun Activities, Obstacles, Values & Priorities Part 2, Lunch, Resilience Toolkit Part 2, Connections, Commitment & Implementation

Objectives

1. Review the nature of stress for healthcare practitioners.
2. Describe key behaviors and barriers leading to a stressful practice and burnout.
3. Determine the personal behavioral aspects that help or hinder progress, personal growth and patient care.
4. Recognize areas of vulnerability and protective factors related to burnout.
5. Acquire tools to modify stress responses and better manage internal and external stress.

Agenda subject to change.