**Stanford WellMD Physician Well-being Director Course References**

**Session 4**

Bohman, MD, B., Dyrbye, MD, MHPE, L., Sinsky, MD, C. A., Linzer, MD, M., & Olson, MD, MSc, K. (2017, August 7). Physician well-being: The reciprocity of practice efficiency, culture of wellness, and personal resilience. NEJM Catalyst - Practical Innovations in Health Care Delivery. <https://catalyst.nejm.org/doi/full/10.1056/CAT.17.0429>

Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. Personality and Social Psychology Bulletin, 38(9), 1133-1143. <https://doi.org/10.1177/0146167212445599>

Burns, D. D. (2012). Feeling good: The new mood therapy. HarperCollins.

Casciaro, T., Edmondson, A., & Jang, S. (2019, May 1). Cross-silo leadership. Harvard Business Review. <https://hbr.org/2019/05/cross-silo-leadership>

Clough, B. A., March, S., Chan, R. J., Casey, L. M., Phillips, R., & Ireland, M. J. (2017). Psychosocial interventions for managing occupational stress and burnout among medical doctors: A systematic review. Systematic Reviews, 6(1). <https://doi.org/10.1186/s13643-017-0526-3>

Creswell, J. D., Way, B. M., Eisenberger, N. I., & Lieberman, M. D. (2007). Neural correlates of dispositional mindfulness during affect labeling. Psychosomatic Medicine, 69(6), 560-565. <https://doi.org/10.1097/psy.0b013e3180f6171f>

DeChant, P. F., Acs, A., Rhee, K. B., Boulanger, T. S., Snowdon, J. L., Tutty, M. A., Sinsky, C. A., & Thomas Craig, K. J. (2019). Effect of organization-directed workplace interventions on physician burnout: A systematic review. Mayo Clinic Proceedings: Innovations, Quality & Outcomes, 3(4), 384-408. <https://doi.org/10.1016/j.mayocpiqo.2019.07.006>

Eisenberg, N., & Spinrad, T. L. (2004). Emotion-related regulation: Sharpening the definition. Child Development, 75(2), 334-339. <https://doi.org/10.1111/j.1467-8624.2004.00674.x>

Feeling overwhelmed? Remember RAIN. (2020, July 6). Mindful. <https://www.mindful.org/tara-brach-rain-mindfulness-practice/>

The five myths of self-compassion. (n.d.). Greater Good Science Center. <https://greatergood.berkeley.edu/article/item/the_five_myths_of_self_compassion>

Gilbert, P. (2005). Compassion: Conceptualisations, research and use in psychotherapy. Routledge.

Hashem, Z., & Zeinoun, P. (2020). Self-compassion explains less burnout among healthcare professionals. Mindfulness, 11(11), 2542-2551. <https://doi.org/10.1007/s12671-020-01469-5>

Kemper, K. J., Mo, X., & Khayat, R. (2015). Are mindfulness and self-compassion associated with sleep and resilience in health professionals? The Journal of Alternative and Complementary Medicine, 21(8), 496-503. <https://doi.org/10.1089/acm.2014.0281>

Klimecki OM, Leiberg S, Lamm C, Singer T. Functional neural plasticity and associated changes in positive affect after compassion training. Cereb Cortex. 2013 Jul;23(7):1552-61. doi: 10.1093/cercor/bhs142. Epub 2012 Jun 1. PMID: 22661409.

Linzer, M., Poplau, S., Grossman, E., Varkey, A., Yale, S., Williams, E., Hicks, L., Brown, R. L., Wallock, J., Kohnhorst, D., & Barbouche, M. (2015). A cluster randomized trial of interventions to improve work conditions and clinician burnout in primary care: Results from the healthy work place (HWP) study. Journal of General Internal Medicine, 30(8), 1105-1111. <https://doi.org/10.1007/s11606-015-3235-4>

Loving-kindness meditation (Greater good in action). (n.d.). Greater Good Science Center. <https://ggia.berkeley.edu/practice/loving_kindness_meditation>

Neff, K. D., Knox, M. C., Long, P., & Gregory, K. (2020). Caring for others without losing yourself: An adaptation of the mindful self‐compassion program for healthcare communities. Journal of Clinical Psychology, 76(9), 1543-1562. <https://doi.org/10.1002/jclp.23007>

Neff, K., & Germer, C. (2018). The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive. Guilford Publications.

Ostafin, B. D., Robinson, M. D., & Meier, B. P. (2015). Handbook of mindfulness and self-regulation. Springer.

Shanafelt, T., Stolz, S., Springer, J., Murphy, D., Bohman, B., & Trockel, M. (2020). A blueprint for organizational strategies to promote the well-being of health care professionals. NEJM Catalyst, 1(6). <https://doi.org/10.1056/cat.20.0266>

Sinsky, C. A., Willard-Grace, R., Schutzbank, A. M., Sinsky, T. A., Margolius, D., & Bodenheimer, T. (2013). In search of joy in practice: A report of 23 high-functioning primary care practices. The Annals of Family Medicine, 11(3), 272-278. <https://doi.org/10.1370/afm.1531>

Sirois, F. M., Kitner, R., & Hirsch, J. K. (2015). Self-compassion, affect, and health-promoting behaviors. Health Psychology, 34(6), 661-669. <https://doi.org/10.1037/hea0000158>

Taylor, S. F., Phan, K., Decker, L. R., & Liberzon, I. (2003). Subjective rating of emotionally salient stimuli modulates neural activity. NeuroImage, 18(3), 650-659. <https://doi.org/10.1016/s1053-8119(02)00051-4>

Trockel, M. T., Hamidi, M. S., Menon, N. K., Rowe, S. G., Dudley, J. C., Stewart, M. T., Geisler, C. Z., Bohman, B. D., & Shanafelt, T. D. (2019). Self-valuation. Mayo Clinic Proceedings, 94(10), 2022-2031. <https://doi.org/10.1016/j.mayocp.2019.04.040>

West, C. P., Dyrbye, L. N., Erwin, P. J., & Shanafelt, T. D. (2016). Interventions to prevent and reduce physician burnout: A systematic review and meta-analysis. The Lancet, 388(10057), 2272-2281. <https://doi.org/10.1016/s0140-6736(16)31279-x>

Zhang, J. W., & Chen, S. (2016). Self-compassion promotes personal improvement from regret experiences via acceptance. Personality and Social Psychology Bulletin, 42(2), 244-258. <https://doi.org/10.1177/0146167215623271>

Zhang, J. W., Chen, S., Tomova Shakur, T. K., Bilgin, B., Chai, W. J., Ramis, T., Shaban-Azad, H., Razavi, P., Nutankumar, T., & Manukyan, A. (2019). A compassionate self is a true self? self-compassion promotes subjective authenticity. Personality and Social Psychology Bulletin, 45(9), 1323-1337. <https://doi.org/10.1177/0146167218820914>