

Personal Resilience Catalog



This catalog is a collection of resources available to physicians, residents, clinical fellows, and medical students at Stanford Medicine. This catalog was created prior to the COVID-19 pandemic and many of the in-person offerings may be available virtually.

This list may not be complete, and unless offered by the WellMD & WellPhD Center, WellMD & WellPhD is not endorsing these programs, nor is responsible for the offerings or their content.

Focus of Personal Resilience Offerings:

Meaning in work
Work-life integration
Collegiality
Self-compassion
Sleep

If you have an offering that you would like to list in this catalog, please contact wellmdcenter@stanford.edu

I. Faculty, Staff Doctors, Residents, Fellows, and Medical Students

- a) Cultivating Emotional Balance
- b) EMED414: Yoga and Wellness for Bioscience and Medical Students
- c) Mindfulness Based Stress Reduction
- d) Physician Wellness Forum
- e) Stanford Resident Mindfulness
- f) The Pegasus Physician Writers at Stanford
- g) Wednesday Night Writes: Drop in Writing Workshop for the Stanford Medical Community

II. Faculty & Staff Doctors only

- a) Compassion Cultivation Training
- b) Literature and Medicine Dinner and Discussion Series
- c) Physician Health Coaching for Preventing Burnout and Building Connection
- d) PRN Support
- e) Resiliency Curriculum plus Balint Peer Process Group
- f) Stanford Networking Program (SNaP)
- g) Story Rounds
- h) Women Faculty Networking
- i) Women Leaders in Academic Medicine (WLAM)

III. Residents & Fellows only

- a) Literature and Medicine Dinner and Discussion Series
- b) Narrative Medicine for Internal Medicine Residents (hosted by Internal Medicine Residency – residents from other specialties welcome)
- c) Resiliency Curriculum plus Balint Peer Process Group
- d) Stanford Anesthesia Fellow Peer Resiliency in Medicine (PRIME) wellness program (Hosted by Dept of Anesthesia - Some events are open to fellows from all departments)

IV. Medical Students only

- a) Storytelling Workshop for Medical Students
- b) Talk Rx: Live Storytelling for Medical Students by Medical Students

Programs listed Alphabetically

II. a) Compassion Cultivation Training

This 8-week training program integrates evidence-based meditation techniques, interactive discussions, and lectures as well as real-world exercises to put learning into practice. The training has applications for your own well-being, response to suffering within yourself and others, burnout, your relationship to your work and in clinical applications for treatment of anxiety. The course includes:

- Weekly virtual 2-hour class including lecture, discussion, and in-class exercises
- Daily meditation practices
- Real-world assignments for practicing compassionate thoughts and actions

This course is designed to support those who want to engage compassion for themselves and improve their relationships with others.

<https://med.stanford.edu/psychiatry/education/cme/cct.html>

This training is offered at a fee. (STAP funds eligible)

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows

Site/program Eligibility: All SoM doctors

Location: Virtual

Contact: Diana Adams, Ed.D.

I. a) Cultivating Emotional Balance

This group meets one weekend day. This day long course provides tools drawn from Dr. Paul Ekman's emotion science research alongside secular contemplative practice. Participants will walk away with:

- 1) practices to enhance in-the-moment awareness of their emotional experiences
- 2) a conceptual map to support conscious & constructive response rather than unconscious reaction
- 3) three practical strategies to directly manage emotional reactivity

The overarching goal is to position providers to progressively build emotional resiliency across a career of challenge rather than being increasingly worn down.

Facilitators: Christophe Gimmler, MD, Uvinie Lubecki, BA, MPH

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows, Medical Students

Site/program Eligibility: All SoM doctors

Location: Stanford Campus

of Participants: 10 to 20

Contact: Christophe Gimmler, MD

I. b) EMED 214: Yoga and Wellness for Bioscience and Medical Students

This group meets weekly. Class is one hour of the physical practice of yoga, followed by a one-hour discussion and light meal. Participants will learn to identify the signs and symptoms of stress, how anxiety manifests in the body and mind, and yoga techniques for mitigating mental and emotional stressors. This course will include yoga instruction (beginners welcome), evidence-based literature related to yoga and bioscience research/patient care outcomes. Participants will:

- (1) acquire knowledge of the basic health-related components of physical fitness and the different dimensions of wellness,
- (2) practice motor skills through targeted Yoga, and
- (3) understand and practice the behaviors that contribute to a healthy lifestyle.

This is a free program.

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows, Medical Students

Classes can be arranged and are encouraged for Attending and Fellow Doctors.

Site/program Eligibility: All SoM doctors

Location: Stanford Campus

of Participants: 10 to 20

Contact: Tracy Holder, RN

II. b, III. a) Literature and Medicine Dinner and Discussion Series

This group meets once a month for 90 minutes over dinner to read short works of fiction, non-fiction, essays and poetry that help illuminate the joys and challenges of being a doctor. The program features writings by a diverse array of writers.

This is a free program.

Participant Eligibility: Faculty/Staff Doctors, Clinical Researchers

Site/program Eligibility: All SoM doctors

Location: Stanford Campus

of Participants: 10 to 20

Contact: Jacqueline Genovese

III. b) Narrative Medicine for Internal Medicine Residents

We hold monthly workshops involving close reading of medical-literary texts, and then creative writing about clinical encounters. The workshops are designed for internal medicine residents on outpatient rotations, and are held the 1st or 2nd Thursdays of each month, but we would welcome trainees from other specialties.

This is a free program.

Participant Eligibility: Residents & fellows (Internal Medicine only)
Site/program Eligibility: SHC Only
Location: Stanford Campus
of Participants: 10 to 20
Contact: Matthew Stevenson

I. c) Mindfulness Based Stress Reduction

This group meets once a week. Mindfulness Based Stress Reduction (MBSR) is an eight-week series of mindfulness meditation training. Each Tuesday evening class is from 7-9:30 at the medical school 9(LKS) consisting of meditation practices and didactic learning. There is an all-day silent held on Saturday after week 6 that is held at LKS from 9-4. Mindfulness is a central skill in cultivation resilience to stress and promoting wellbeing. Mindfulness has been recognized as an important adjunct to medical care for your patients with a wide range of conditions including pain management, cardiac rehabilitation, and cancer support and is used in sports performance and doctor wellness.

This program is offered at a fee.

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows, Medical Students
Site program eligibility: All SoM doctors
Location: Stanford Campus
of participants: More than 20
Contact: Mark Abramson, DDS

II. c) Physician Health Coaching for preventing Burnout and Building Connection

This 5-session program offers doctors a safe and confidential space to pause and reflect on what it means to reach their full potential. Doctors will work 1-on-1 with a certified coach to build productive engagement in areas to enhance professional fulfillment, physical vitality, resilience, connection, self-compassion, and healthy lifestyle behaviors. The program is designed with flexibility and accessibility in mind. You choose the time of your coaching sessions (e.g. weekly, bi-monthly, monthly or individual preference for up to an hour each session).

This program is offered at a fee, and partially subsidized by WellMD for those eligible.

Participant Eligibility: Faculty/Staff Doctors
Site Program eligibility: All SoM doctors
Location: Stanford campus
of participants: more than 20
Contact: Julie J. Anderson

I. c) Physician Wellness Forum

This group meets once a month. Physician Wellness Forum (PWF) is a monthly gathering of faculty and staff members who are interested in improving doctor wellness; meet virtually at noon, typically listen to a speaker present on a topic, engage in discussion, think about ways they can support colleagues and foster change in their work-unit. PWF is held on the second Friday of every month.

This is a free program.

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows, Medical Students
Site Program Eligibility: All SoM doctors
Location: Stanford Campus
of participants: More than 20
Contact: WellMD Center

II. d) PRN Support

This program connects Stanford Medicine doctors one-on-one with colleagues who can informally listen, provide perspective, provide resources, and help identify options.

Possible topics to discuss include: distress over difficult clinical events or litigation, career difficulties, workplace conflicts, work-home-life issues, burnout, patient issues, personal or family concerns.

Participant Eligibility: Clinical faculty
Site Program Eligibility: All SoM doctors
Location: By phone or Stanford Campus
of participants: one on one service
Contact: prnsupport@stanford.edu

II. e, III. c) Resiliency Curriculum plus Balint Peer Process Group

This group meets bi-weekly (twice a month). This program is designed for sharing our experiences, acknowledging our questions, reinforcing our expertise, and finally, expanding our array of tools and approaches to patient care. The goal is to enhance our capability to sustainably care for patients and ourselves while utilizing actual challenging clinical experiences as the springboard. We will expand our personal resiliency and strengthen foundational capacities to progressively build professional efficacy over our career rather than being slowly worn down. Specific domains which will be addressed include healthy professional boundaries, working with strong emotional experiences, negotiating conflict, and regulating stress and overwhelm.

This program is offered at a fee.

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows
Site Program Eligibility: All SoM doctors
Location: We will tailor location to participants needs
#of People: Less than 10
Contact: Christophe Gimmler, MD, LMFT
Lars Osterberg, MD, MPH

III. d) Stanford Anesthesia Fellow Peer Resiliency in Medicine (Prime) wellness program

This group meets approximately every 8-10 weeks. This is a 1-year focus on wellness specifically geared toward anesthesia fellows.

-We schedule 4 all-anesthesia-fellow wellness events to promote socialization and team building, including a welcome happy hour, a painting night at a local venue, a ropes course in the spring, and a farewell happy hour.

-Each subspecialty (pediatrics, regional, pain, critical care, OB, etc.) schedules its own wellness sessions every 8-10 weeks throughout the year. Some events are open to all fellows when possible.

-Examples of sessions include check-ins, meditation practice, instruction on giving/receiving feedback, and a book review.

This is a free program.

Participant eligibility: Residents/Fellows
Site/program eligibility: Anesthesia fellows (some events open to all fellows)
Location: Stanford Campus
of participants: 10 to 20
Contact: Jody Leng, MD, MS

II. f) Stanford Networking Program (SNaP)

This group meets once a month. The Stanford Networking Program (SNaP) was launched in Summer 2017. Meetings of 10 selected participants -- early- to mid-career women faculty -- consist of 2-hour sessions, occurring once per month over the span of 10 months in an academic year. This group was conceived of by Dr. Odette Harris' personal experience through the support of Stanford Medicine's Office of Faculty Development and Diversity. The purpose is to achieve the following goals: to provide a space where diverse female faculty can have outlets to collaborate and communicate, to increase Stanford Medicine's recruitment and retention of such cohorts, and to facilitate the enhancement of skills while minimizing isolation and vulnerability.

This is a free program.

Participant Eligibility: Faculty/ Staff Doctors
Site/Program Eligibility: All SoM doctors
Location: Stanford Campus
of participants: 10 to 20
Contact: Magali Fassiotto

I. e) Stanford Resident Mindfulness

Online video and podcasts that offer mindfulness programs.

<https://med.stanford.edu/gme/housestaff/a:ll-topics/mindfulness.html>

This is a free program.

Participant Eligibility: Faculty/Staff Doctors, Residents /Fellows, Medical Students
Site/Program Eligibility: All SoM doctors
Location: Online
of Participants: More than 20
Contact: Larry Katznelson, MD

II. g) Story Rounds

Stanford School of Medicine's WellMD Center and the Medicine and the Muse program host storytelling series for doctors. Inspired by the popular national program "The Moth" as well as TalkRX, Stanford medical students' live storytelling project, the Stanford Medicine Storytelling series for doctors (attending and residents) will feature your friends, colleagues and mentors sharing their true stories about life as a doctor: stories will include those of humor, challenge, relationships, family, vulnerability, grief, love, hope, faith, triumph, and growth. Story telling candidates will receive a few individualized speakers coaching and will have multiple rehearsals to make sure they feel comfortable, confident and ready to do their talk. This is a free program

Participant Eligibility: Attending Doctors
Site/Program Eligibility: Stanford Medicine doctors
Location: Stanford Campus
Of participants: Up to 6 doctors (storytellers) per 6 months
Contact: Laurel Braitman, PhD & WellMD Center

IV. a) Storytelling Workshop for Medical Students

This group meets twice a year. The Stanford Medical Student Storytelling Workshop is a one-of-a-kind, immersive opportunity for medical students to hone their communication skills with top journalists, writers, speaking coaches, producers, editors and public radio creators, in a beautiful and unique setting. At the Medicine and the Muse Storytelling Workshop students receive weekend-long intensive education in the art and craft of storytelling for a variety of media—from creative nonfiction to live storytelling from leaders in the field. It is also an opportunity for students to get away from campus for a weekend of contemplation, connect with one another, meet faculty interested in medical humanities, and hone their ideas for larger humanities and writing projects. Co-organized by Medicine and the Muse's Writer in Residence, Laurel Braitman PhD, and a second-year medical student, the workshops are wildly popular and maintain a waiting list. Find out more information and sign up here: <http://whatsyourstory.club/>

Participant Eligibility: Medical Students
Site/Program Eligibility: Medical Students
Location: Soul Food Farm, Vacaville, CA
#of participants: More than 20
Contact: Laurel Braitman, PhD

IV. b) Talk Rx: Live Storytelling for Medical Students by Medical Students

This group meets every few months. Talk Rx is an evening of live storytelling true stories by you and only for you from your peers in the SoM. We're calling it TALK Rx, but this isn't an evening of talk therapy. It's an opportunity (every few months) to listen to your peers tell stories you have never heard before; brave, funny, mysterious, vulnerable, dark, uplifting or otherwise intriguing tales about who they are and what matters most. There is beer, wine, snacks, and four of your courageous peers talking about, well, we can't tell you yet. Students can tell whatever story or idea they would like, as long as it will keep us on the edge of our seats. They receive individualized speaker coaching and get the chance to hone their communication and presentation skills.

This is a free program.

Participant Eligibility: Medical Students
Site/Program Eligibility: Medical Students and PA students
Location: Stanford Campus
of participants: More than 20
Contact: Laurel Braitman, PhD & Pablo Romano

I. f) The Pegasus Physician Writers at Stanford

This group meets once a month. This group of doctors and trainers are focused on creative writing and the medical humanities in close collaboration with the Medicine & the Muse Program at Stanford SoM. With over one hundred active members from all medical specialties, our program sponsors symposiums, readings and active writing workshops.

This is a free program.

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows, Medical Students
Site/Program Eligibility: All SoM Doctors SHC & LPCH
Location: Stanford Campus
of participants: 10 to 20
Contact: Jennifer Pien, MD

I. g) Wednesday Night Writes: Drop in Writing Workshop for the Stanford Medical Community

This group meets once a month. You will gather with a group of your peers to write, learn the elements of craft from structure to publishing tips, and share your writing. We will work on making you sound as good as you possibly can on the page. The point is to make you more you (on your best day). Whether you're writing fiction, poetry, non-fiction or just want to create moving and beautiful grocery lists. We will do this with guided writing, discussion and themed workshops on different elements of good writing. Writing isn't just hard, it's often lonely. A group of like-minded folks to hold you accountable to your dreams can make all the difference. We will be this for one another. We will critique each other's work in the kindest, most effective ways possible and help one another stay motivated. Also there are snacks. Please come join our community! More info:

www.wedsnightwrites.org

This is a free program.

Participant Eligibility: Faculty/Staff Doctors, Residents/Fellows, Medical Students

Site/Program Eligibility: All SoM doctors, SHC & LPCH

Location: Stanford Campus

of Participants: 10 to 20

Contact: Laurel Braitman, PhD

II. h) Women Faculty Networking

This group meets once a month. The Office of Faculty Development and Diversity's Women Faculty Networking Group meets over lunch at the Bing Dining Room from 12-1:30pm the first Wednesday of each month. The Women Faculty Networking group is open to all women faculty, across all lines. OFDD solicits topics and speakers of interest from women faculty throughout the year. The first 20-25 minutes is reserved for networking, the speaker presents (informally) for the next 25-30 minutes, and there is a lively discussion for the remaining 30 minutes.

This is a free program.

Participant Eligibility: Faculty/Staff Doctors

Site/Program Eligibility: All SoM female doctors

Location: Stanford Campus

of participants: More than 20

Contact: Magali Fassiotto, PhD

II. i) Women Leaders in Academic Medicine (WLAM)

This group meets once a month. The purpose of this pilot program is to establish a small community forum of women faculty to work closely on enhancing leadership skills and building a support network/community on which the participants can rely as they navigate within the Stanford community.

Method/Approach: Focus is on Professional and Social/Community and Personal Skills. This group of faculty will be selected to have diverse representation. Confidentiality, Commitment and Psychological safety are key.

Plan for an academic year (September-June). Plan for minimum of 80% attendance (8 of 10 sessions on Stanford campus). Meetings will be structured and led by a trained Facilitator, associated with the Graduate School of Business. Focus is on building community, problem solving and skills acquisition.

This is a free program.

Participant Eligibility: Faculty/Staff Doctors

Site Program Eligibility: Primary Care and Population Health

Location: Stanford Campus

of participants: 10 to 20

Contact: Stephanie Harman, MD