Program for Distressed Physicians
Three-Day Schedule

Day One *Required 3 Follow-Up Group Sessions
Dates TBA
8:00 am – 4:00 pm

8:00 Registration / Continental Breakfast
8:30 Introduction / Welcome and Course Overview – William Swiggart, M.S., L.P.C
9:15 Session 1 – Group Exercise - Tension in the Physician’s World/ALTER Sheet – William Swiggart, M.S., L.P.C. – Group discussions about confidentiality, and group process. Participants will discuss why they were referred and establish goals for the course.
11:15 Session 2 – Development of the Physician – William Swiggart, M.S., L.P.C.- A lecture and discussion about the process involved in physician training as well as some common personality traits.
12:15 Lunch – on site
1:15 Session 3 – Film - Permission To Be Human
2:00 Session 4A – Genogram – William Swiggart, M.S., L.P.C. - Lecture and demonstration on systems theory and its application to the family, participants will construct a personal genogram.
3:00 Session 4B – Shame & Guilt – William Swiggart, M.S., L.P.C. – A lecture that will focus on the powerful affect of shame and how it influences behavior.
4:00 Session 4C - Homework assignment – William Swiggart, M.S., L.P.C. – Genogram, FACES II, ALTER - Chapter 2 - The Anger Control Workbook (Costs of Anger)
4:30 Emotional Check-up Go Around - Complete evaluation for today - Adjourn

2 hours homework required
Complete Genogram, ALTER, FACES II, Read Costs of Anger

Day Two

8:00 Continental Breakfast
8:30 Session 5 - Group Exercise - Emotional Check-up Go Around -ALTER /Costs of Anger Discussion
9:00 Session 6 - Group Exercise – Genogram - Participants discuss their genogram results with the course faculty.
12:00 Lunch on site
1:00 Session 7 – Identifying Specific Triggers & Maintaining Behavior Change
  7A – Grounding Skills
  7B – Communication Techniques
  7C – Role Play
P. Tobi Fishel, Ph.D., William Swiggart, M.S., L.P.C., Ron Neufeld, B.S.W., L.A.D.A.C. - Specific situations identify triggers; give feedback to others in the group.
4:00 Session 8 – Intend to Change and Flooding Exercises (Homework assignment)
  Return Self-Assessment Instruments (FACES II, TSI™)
  Explanations – Consent Form, CME credits, VUMC Notice of Privacy Practices
4:30 Emotional Check-up Go Around - Complete evaluation for today - Adjourn

2 hours homework required
Complete Intend to Change and Flooding Exercises/Review Instruments
Day Three

8:00  Continental Breakfast
8:30  Session 9 - Group exercise - *Emotional Check-up Go Around / ALTER*
9:00  Session 10 - Role-play Exercise (continued from the Day Two)
11:00 Session 11 - P. Tobi Fishel, Ph.D.
      11A - Assertiveness II
      11B – Relapse Prevention
12:00 Lunch On Site
1:00  Session 12 - *Intend to Change Written Exercise* – William Swiggart, M.S., L.P.C. -
     Experiential exercise in which the participants review three behaviors they wish to change as a result of the course.
3:30  Session 13 - *Emotional Check-up Go Around – Final Feedback*
     Homework assignment for 1st follow-up group session
     Complete evaluation for today - Adjourn

Homework required for follow-up group session

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