



Sandia Peak Tram Photo: Jay Blackwood



Endorphin Power Company
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Reasons to Attend the Inaugural Osler Symposium:

- Earn up to 43.25 CME credits
- Learn, exercise and have fun with colleagues
- Meet renowned faculty who will share their experience, wisdom, passion & hope
- Recharge and spend quality time with your spouse/partner – away from the stresses of work and home
- Attend your choice of 30 breakout sessions & a variety of outdoor activities each day
- Reignite passion for your profession
- Enjoy a week in the "Land of Enchantment"

www.OslerSymposia.org



"Hard though the conditions may be, approached in the right spirit – the spirit which has animated us from the days of Hippocrates – the practice of medicine affords scope for the exercise of the best faculties of the mind and heart."



PRESENTED BY

**Endorphin
Power
Company**

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THE OSLER SYMPOSIA

EDUCATION, EXERCISE & INSPIRATION

THE INAUGURAL OSLER SYMPOSIUM

DOCTORING 2011: EMBRACING THE CHALLENGE

*"We doctors do not 'take stock' often enough."
– Sir William Osler*

ACCREDITED BY



UC San Diego
SCHOOL OF MEDICINE

SHERATON ALBUQUERQUE AIRPORT HOTEL
ALBUQUERQUE, NEW MEXICO
MAY 14-20, 2011



THE OSLER SYMPOSIA

Dear Colleagues,

We are delighted to invite you to attend the inaugural **Osler Symposium in Albuquerque, New Mexico, May 14-20, 2011. "Doctoring 2011: Embracing the Challenge"** is not your typical CME meeting. Instead, it focuses on you, your well-being, and your future in medicine. It was designed for physicians but is open to all healthcare providers. This conference is dedicated to those of you who are at a crossroads in your medical careers, and also to those of you who want to reignite your professional passion in an informal, fun and collegial setting.

We've developed a meeting that will educate, inspire, and bring laughter and joy to those who attend. The conference will examine the challenges confronting the medical profession, while giving you new skills and practices to enhance your professional and personal lives.

The program will have a retreat-like atmosphere affording attendees time to be reflective. Not only do we encourage you to bring your spouse/partner to Albuquerque, we encourage you to enroll them in the conference itself to share the enriching experience. All of the breakout sessions are open to your guest registrants. In fact, several were specifically designed to include them. You will return home transformed and renewed.

Invited faculty includes respected and renowned individuals in related areas of healthcare and well-being from all corners of the USA, Canada and as far away as South Africa. Care has been taken to include faculty from many medical and non-medical disciplines. They include past presidents of professional societies and organizations, and a Pulitzer Prize recipient. Additionally, faculty were chosen for their expertise as skillful writers, authors, film makers, artists, musicians, motivational speakers, yoga and meditation instructors, and inventors. A common thread is their passion for their work and their eagerness to impart their experience, knowledge and wisdom... and their belief in the need for, and purpose of, this conference.

The program is designed to optimize interactions with faculty and colleagues while learning and playing. Group exercise, yoga, and meditation will be offered to help you start each day. Morning sessions will be devoted to instructive talks followed by substantive panel discussions. Afternoons will offer choices of unique small group breakout sessions and recreational activities to get your endorphins flowing and help you rediscover your love of medicine and life.

Planned evening events include a family-style welcome dinner, featuring the landmark movie *The Vanishing Oath*, and a farewell banquet with Thomas Moore sharing thoughts from his book, *Care of the Soul in Medicine*.

The Osler Symposia, beginning with this program, are presented by the Endorphin Power Company (EPC), a 501(c)(3) nonprofit organization founded by Sam Slishman, an emergency physician. Each conference in the series is framed by the four pillars of EPC – EDUCATION, EXERCISE, COMMUNITY and SERVICE – and held in place by the words of Sir William Osler.

To anyone who knows of this remarkable man, it is obvious why we chose to name the symposia for him. In *The Quotable Osler*, D. Bryson Delevan, a friend of Sir Osler's for over 40 years said, "At once a discerning companion and a great leader, he more than others, has exemplified to me the beauty of friendship, the glory of work and the joy of living." His thoughts and words, still often quoted, continue to inspire us today, 100 years later.

We guarantee that you will make new friends who share your calling, challenges and fears, and we will reclaim our personal power and our profession together.

We look forward to meeting you in May in Albuquerque!



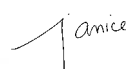
Wadie Najm, MD
Program Co-Chair



Chris Searles, MD
Program Co-Chair



Sam Slishman, MD
Chair, Host Committee



Janice Mancuso
Creator, Osler Symposia

All Photos of Sir William Osler: William Osler Photo Collection, Osler Library of the History of Medicine, McGill University, Montreal, Quebec, Canada

FACULTY & STORYTELLERS

"It goes without saying that no man can teach successfully

– Sir William Osler



Louise B. Andrew, MD, JD
Risk Management, Litigation Stress and Wellness Counselor; Principal, MDmentor.com
Victoria, BC, Canada



Paul Auerbach, MD, MS
Co-Founder and Past President, Wilderness Medical Society; Redlich Family Professor of Surgery, Division of Emergency Medicine, Stanford University School of Medicine
Los Altos, CA



Florian Birkmayer, MD
Holistic Person-Centered Psychiatry and Addiction Medicine; Founder, The Birkmayer Institute LLC; Psychiatrist, Partners in Wellness, Los Lunas; Board-certified in Psychiatry and Certified in Addiction Medicine
Albuquerque, NM



Ira Byock, MD
Director, Palliative Medicine, Dartmouth-Hitchcock Medical Center; Professor of Anesthesiology and Community & Family Medicine, Dartmouth Medical School; Author, *Dying Well* and *The Four Things That Matter Most*
Lebanon, NH



William Campbell, MS
Board Chair, Endorphin Power Company
Albuquerque, NM



Michelle DuVal, MA
Owner, The Mindful Center; Director, Mindfulness Based Stress Reduction, University of New Mexico Center for Life and Presbyterian Healthplex
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James Fleming, MD
Emergency Physician;
Author, *Tengo Sed*
Albuquerque, NM



Ryan Fleisher, MD
Emergency Physician;
Director, *The Vanishing Oath*
Morgantown, WV



Greg Franchini, MD
Emeritus, Department of Psychiatry; Director, Wellness Program, University of New Mexico School of Medicine
Albuquerque, NM



Warren Heffron, MD
Professor & Chair Emeritus, Family & Community Medicine, University of New Mexico Health Sciences Center; President for the Americas, World Organization of Family Doctors; Past President, American Board of Family Medicine
Albuquerque, NM



Jeffrey Holland
Program Director, Endorphin Power Company; Recovering addict
Albuquerque, NM



Eric Johnson, MD
Emergency, Wilderness, and Family Physician; Past President, Wilderness Medical Society
Driggs, ID



Satkirin Khalsa, MD
Owner, Integrated Health Medicine; Family Physician, Yoga Teacher, and Medical Acupuncturist, Presbyterian Medical Group
Albuquerque, NM



Reuben Last, MD
General Surgeon, VA Medical Center; Emeritus Board Member, Endorphin Power Company
Albuquerque, NM



Jane Lemaire, MD
Vice Chair, Department of Medicine, Physician Wellness and Vitality; Clinical Professor of Medicine, University of Calgary
Calgary, AB, Canada



Lee Lipsenthal, MD
Author, *Finding Balance in a Medical Life*; Past President, American Board of Holistic Medicine
San Anselmo, CA



Kai MacDonald, MD
Assistant Clinical Professor of Family Medicine and Psychiatry, University of California, San Diego School of Medicine
La Jolla, CA



Janice Mancuso
Creator, The Osler Symposia; Executive Director, Endorphin Power Company
Albuquerque, NM



Peter McLaughlin
Author, *Mentally Tough and Catchfire*; Speaker; Former Faculty Member, Regis University; Wine Editor, Rocky Mountain News; Director of Mirth, McLaughlin Company
Denver, CO



Deanna Minich, PhD
Clinical Nutritionist, Educator, Author, Artist, Yoga Practitioner; Vice President, Research & Development Communications, Metagenics/MetaProteomics
Gig Harbor, WA



Thomas Moore
Author, *Care of the Soul* and *Care of the Soul in Medicine*
New Hampshire



Wadie Najm, MD, MSEd
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Irvine, CA



William Norcross, MD
Clinical Professor of Family Medicine, University of California, San Diego School of Medicine; Executive Director, UCSD Physician Assessment and Clinical Education (PACE) Program
La Jolla, CA



Nancy Pando, LICSW
Producer, *The Vanishing Oath*;
Canton, MA



Arti Prasad, MD
Professor of Medicine; Chief, Section of Integrative Medicine; Founder and Executive Medical Director, UNM Center for Life, Preventive & Integrative Medicine Specialty Clinic; University of New Mexico School of Medicine
Albuquerque, NM



Julie Reichert, PhD
Filmmaker; Founder, Taos Writing Retreat for Health Professionals; Director, Narrative Writing Program, Undergraduate Medical Education, University of New Mexico School of Medicine
Albuquerque, NM



Steve Reid, MD
Chamber musician; Family Physician; Professor and Director of Primary Health Care, Faculty of Health Sciences, University of Cape Town
South Africa



Patricia Ann Repar, DMA
Associate Professor and Composer; Director, Arts-in-Medicine, Departments of Music and Internal Medicine Section of Integrative Medicine, University of New Mexico
Albuquerque, NM



Matt Richtel
Technology Reporter, *New York Times*, "Your Brain on Computers" series; 2010 Pulitzer Prize recipient for National Reporting "Driven to Distraction" series, San Francisco Bureau
San Francisco, CA



Robert Sallis, MD
Chair, Exercise Is Medicine; Past-Pres, Amer. College of Sports Medicine; Co-Director, Sports Medicine Fellowship, Kaiser Permanente Med Center, Fontana, CA; Assoc. Clinical Professor of Family Med., UC Riverside/UCLA Biomedical Sciences Program – Fontana, CA

who is not at the same time a student."



Thomas Scalea, MD
Physician-in-Chief, R Adams Cowley Shock Trauma Center; Francis X Kelly Professor of Trauma Surgery, Director, Program in Trauma, University of Maryland School of Medicine
Baltimore, MD



Chris Searles, MD
Program Co-Director; Assoc. Clinical Professor of Family Medicine & Psychiatry, Program Co-Director, Combined Family Medicine & Psychiatry Program, UCSD School of Medicine; Director of Clinical Outreach, St Vincent de Paul Village; Founder, RecreationRx.org – San Diego, CA



Stephen Sergay, MB, BCH
Past President, American Academy of Neurology; Affiliate Professor of Neurology, University of South Florida; Founding Chair, United Council Neurology Subspecialties; Chair, Education Committee, World Federation of Neurology – Tampa, FL



David R Shlim, MD
Author, *Medicine and Compassion: A Tibetan Lama's Guidance for Caregivers*; Medical Director, The CIWEC Clinic Travel Medicine Center, Kathmandu, Nepal (1983-1998); Medical Editor for the CDC's *Health Information for International Travel (the Yellow Book)* – Jackson Hole, WY



David Sklar, MD
American College of Emergency Physicians Board of Directors; Associate Dean for Graduate Medical Education & DIO; Professor of Emergency Medicine, University of New Mexico School of Medicine; Author, *La Clinica: A Doctor's Journey Across Borders* – Albuquerque, NM



Sam Slishman, MD
Chair, Host Committee; Emergency Physician & Inventor; Founder, Endorphin Power Company
Albuquerque, NM



David Sobel, MD, MPH
Regional Director, Patient Education & Health Promotion, The Permanente Medical Group, Inc., Kaiser Permanente, Northern CA; Author, *The Healing Brain*, *Healthy Pleasures*, *The Healthy Mind*, *Healthy Body Handbook*, and *Living a Healthy Life with Chronic Conditions* – Oakland, CA



Karen Van Hoesen, MD
Clinical Professor of Medicine, Department of Emergency Medicine, University of California, San Diego; Director UCSD Diving Medicine Center; Flying Samaritans Volunteer Physician
La Jolla, CA



Jean Wallace, PhD
Professor of Sociology, University of Calgary
Calgary, AB, Canada

* READ MORE ON-LINE *

Visit www.OslerSymposia.org
to read personal statements by
the faculty and detailed descriptions
of breakout sessions.

BREAKOUT SESSIONS

(all sessions are offered twice)

SUNDAY, MAY 15 – SESSIONS A & B

Addiction: It Touches All of Us – A Frank and Raw Discussion *Holland & Slishman*

Charter on Professional Flourishing: The Movement *Sergay*

Coping Strategies and Nutrition in the Workplace *Lemaire & Wallace*

Mindfulness Meditation for Health, Healing and Stress *DuVal*

Stress Management & Prevention Through Collaborative Problem Solving *Andrew*

Your Hard Wiring: Know Thyself *Pando*

MONDAY, MAY 16 – SESSIONS C & D

Food as Medicine: How to Make it Real *Minich*

Humanities and Medicine *Norcross*

The Impaired Physician *Birkmayer*

Long Deep Breathing for Overall Wellness *Khalsa*

MUSIC: A Path Toward Passion, Patience, and Possibility *Repar*

The New Science of Happiness *Sobel*

TUESDAY, MAY 17 – SESSIONS E & F

Ayurvedic Cooking for Body, Mind, and Soul *Prasad*

Endorphin Power Company – The Story and EPC Tour *Last & Slishman*

Finding Inspiration in Health Care Through Creative Process *Reid & Repar*

Mindfulness Meditation for Health, Healing and Stress *DuVal*

Physician Well-Being – Who Cares? *Franchini*

Taking It Out of the Office: Connecting to Ourselves and Our Communities *Searles*

THURSDAY, MAY 19 – SESSIONS G & H

Less is More: How to Live a Simple (Happy) Medical Life *Johnson*

Medicine and Compassion *Shlim*

Nourishing Your Soul – Filling the Void *Van Hoesen*

Practical Attachments: 3 Skills for Bond-Building *MacDonald*

Writing and Healing *Reichert*

Yoga You Can Do During the Work Day – For the Everyday Clinician *Khalsa*

FRIDAY, MAY 20 – SESSIONS I & J

Community Engagement – A Source of Inspiration *Reid*

"Healing People" and "Healing Places" *Moore*

Medical Volunteerism 101: Planning Your Service Trip *Van Hoesen*

Medicine as Story *Fleming & Sklar*

Medicine: Would I Do It Again? *Scalea*

The Well Doctor Check-up – A Ten-Point Assessment of Well-Being *Franchini*

SIR WILLIAM OSLER

"The dry formal lecture never, or at any rate rarely, touches the heart, but it is in [the] conversational method of the seminar ... that the enthusiasm of the teacher becomes contagious."



Photo: Kim Ashley

PROGRAM SCHEDULE

SATURDAY, May 14

- 7:00am-3:00pm **FOR EARLY ARRIVERS...
Tent Rocks Hike** *Slishman*
- 3:00pm **REGISTRATION OPENS**
- 5:30pm **GRANDMA'S BEANS
WELCOME DINNER**
Last & Slishman
- 7:00pm **The Vanishing Oath**
Film and Discussion
Flesher & Pando
- 9:00pm **GOOD NIGHT**

SUNDAY, May 15

"In no relationship is the physician more often derelict than in his duty to himself."

- 7:00-8:00am **MORNING EXERCISE**
Yoga, meditate, or jog
- 8:15-9:00am **CONTINENTAL BREAKFAST**
- 9:00-9:10am **THE PROBLEM**
Opening Remarks & Setting the Stage for the Week
Mancuso & Najm
- 9:10-9:30am **Sam's Story: Can This Doctor Be Saved?** *Slishman*
- 9:30-10:15am **Embracing the Challenge: Return to Professional Flourishing**
Sergay
- 10:15-11:00am **Physician Wellness: A Missing Quality Indicator**
Wallace & Lemaire
- 11:00-11:30am **BREAK & EXHIBITS**
- 11:30-12:15pm **Learning Through Personal Assault: Preventing and Surviving Malpractice Litigation**
Andrew
- 12:15-1:00pm **The Problem – Q&A and Panel Discussion**
Moderator: *Najm*
Panel: *Andrew, Lemaire, Sergay, Slishman & Wallace*

BOX LUNCH & AFTERNOON OPTIONS

(visit www.OslerSymposia.org for details)

- 1:00-5:30pm **Camp Sheehan – Exercise & Play**
"The key is movement – and movement that is play."
– *George Sheehan*
- 2:00-3:30pm **Breakouts Session A**
- 4:00-5:30pm **Breakouts Session B**
- Evening **FREE EVENING**

MONDAY, May 16

"... rest, food, fresh air, and exercise – the quadrangle of health."

- 7:00-8:00am **MORNING EXERCISE**
Yoga, meditate, or jog
- 8:15-9:00am **CONTINENTAL BREAKFAST**
- 9:00-9:10am **RETURN TO WELLNESS**
Morning Announcements & Check Sam's Pulse
Najm & Slishman
- 9:10-9:30am **Laughing Yoga Exercise** *Khalsa*
- 9:30-10:15am **Exercise Is Medicine: Understanding the Health Benefits of Physical Activity** *Sallis*
- 10:15-11:00am **Food as Medicine**
Minich
- 11:00-11:30am **BREAK & EXHIBITS**
- 11:30-12:15pm **Healthy Pleasures: The Health Benefits of Sensuality, Optimism, and Altruism** *Sobel*
- 12:15-1:00pm **Return to Wellness – Q&A and Panel Discussion**
Moderator: *Najm*
Panel: *Khalsa, Minich, Sallis & Sobel*

BOX LUNCH & AFTERNOON ACTIVITIES

(visit www.OslerSymposia.org for details)

- 1:00-5:30pm **Camp Sheehan – Exercise & Play**
"As a child I felt joy, never realizing how infrequent those occasions would be in the years ahead."
– *George Sheehan*
- 2:00-3:30pm **Breakouts Session C**
- 4:00-5:30pm **Breakouts Session D**
- 6:00-8:00pm **DINNER (on your own)**
- 8:00-9:30pm **EVENING ENTERTAINMENT**

TUESDAY, May 17

"When asked why he whistled after attending a gravely ill patient, Osler replied, 'I whistle that I may not weep.'"
– From *The Quotable Osler*

- 7:00-8:00am **MORNING EXERCISE**
Yoga, meditate, or jog
- 8:15-9:00am **CONTINENTAL BREAKFAST**
- 9:00-9:15am **LESSONS MORTALITY TEACHES US**
Morning Announcements
Najm
- 9:15-10:15am **What are doctors for? The Physician-Patient Relationship Through the End of Life** *Byock*
- 10:15-10:45am **BREAK & EXHIBITS**
- 10:45-11:45am **Saying "The Four Things That Matter Most"** *Byock*
- 11:45am-12:45pm **Living and Dying in Balance**
Lipsenthal
- 12:45-1:15pm **Lessons Mortality Teaches Us – Q&A and Panel Discussion**
Moderator: *Najm*
Panel: *Byock & Lipsenthal*

BOX LUNCH & AFTERNOON ACTIVITIES

(visit www.OslerSymposia.org for details)

- 1:15-5:30pm **Camp Sheehan – Exercise & Play**
"Sweat cleanses from the inside. It comes from places a shower will never reach."
– *George Sheehan*
- 2:00-3:30pm **Breakouts Session E**
- 4:00-5:30pm **Breakouts Session F**
- Evening **FREE EVENING**

CAMP SHEEHAN – EXERCISE AND PLAY



George Sheehan, MD was a cardiologist, runner, philosopher, speaker, teacher and author of several books including *Running and Being*, *Personal Best* and *Going the Distance*. He spoke at many UC San Diego conferences before his death in 1993 and was a significant early inspiration for the Osler Symposia.

Some of his words from *Going the Distance*... *"Only the clergy have a goal higher than that of physicians. For all the down periods, medicine provides moments of joy and satisfaction that are difficult to find elsewhere."* *"Integrating animal, child, and adult is a formidable task. Yet our happiness depends upon it."* *"Play is essential to the good life. We need it to become fully functioning human beings. ... The first influence of play is on our bodies. It brings with it exercise. Medicine and surgery attack disease but they do not cover health. That resides in the fully functioning body, be it sick or well."* *"I am still a doctor, trying to teach people how to live the good life."*

Yes you are, George! The exercise & play activities during the Osler Symposia are dedicated to you.

'play is essential to the good life'

WEDNESDAY, May 18

"Now the way of life that I preach is a habit to be acquired gradually by long and steady repetition. It is the practice of living for the day only, and for the day's work."

- 6:45-7:45am **MORNING EXERCISE**
Yoga, meditate, or jog
- 8:00-8:45am **CONTINENTAL BREAKFAST**
- SELF CARE**
- 8:45-9:00am **Part Two: Opening Remarks & Rounding on Sam** Searles & Slishman
- 9:00-9:45am **Moving Forward: Your Personal Vision and Mission** Lipsenthal
- 9:45-10:30am **The Resilient Doctor** Searles
- 10:30-11:00am **BREAK & EXHIBITS**
- 11:00-11:45am **Information Addiction and Digital Detox: The Surprising Costs of Being Always On** Richtel
- 11:45-12:30pm **Humor, Creativity, and Positive Emotions** McLaughlin
- 12:30-1:15pm **Self Care – Q&A and Panel Discussion**
Moderator: Najm
Panel: Lipsenthal, McLaughlin, Richtel & Searles

FREE AFTERNOON OR OPTIONAL WORKSHOPS

"Mix with your fellow students, mingle with their sports and their pleasures."

- 1:30-6:30pm **VISIT SANTA FE**

OPTIONAL WORKSHOPS

(visit www.OslerSymposia.org for details & fees)

- 2:30-5:00pm **Emergenetics: New Science on the Brain Changes the Way You Work and Live** McLaughlin
- 2:00-6:30pm **Life Balance for Health Care Practitioners: Shifting Perception** Lipsenthal

- 6:30-8:00pm **DINNER (on your own)**
- 8:00-9:30pm **EVENING ENTERTAINMENT**
Osler's Soirée – A Musical Event

THURSDAY, May 19

"... the more you see of life outside the narrow circle of your work, the better equipped you will be for the struggle."

- 6:45-7:45am **MORNING EXERCISE**
Yoga, meditate, or jog
- 8:15-9:00am **CONTINENTAL BREAKFAST**
- BALANCE**
- 8:45-9:00am **Morning Announcements** Searles
- 9:00-9:45am **Reflection on A Long and Happy Medical Life... And It's Still Going Strong** Heffron
- 9:45-10:30am **On Bonds, Bodies, and Brains: The Neurobiology of Feeling-Full Connections** MacDonald
- 10:30-11:00am **BREAK & EXHIBITS**
- 11:00-11:45am **Wilderness Medicine: Combining Profession and Passion** Johnson
- 11:45-12:30pm **Limitless Compassion** Shlim
- 12:30-1:15pm **Balance – Q&A and Panel Discussion**
Moderator: Searles
Panel: Heffron, Johnson, MacDonald & Shlim

BOX LUNCH & AFTERNOON ACTIVITIES

(visit www.OslerSymposia.org for details)

- 1:15-5:30pm **Camp Sheehan – Exercise & Play**
"The strenuous life tastes better."
– William James (a George Sheehan favorite)
- 2:00-3:30pm **Breakouts Session G**
- 4:00-5:30pm **Breakouts Session H**
- Evening **FREE EVENING**

FRIDAY, May 20

"We can best oppose any tendency to melancholy by an active life of unselfish devotion to others."

- 6:45-7:45am **MORNING EXERCISE**
Yoga, meditate, or jog
- 8:15-9:00am **CONTINENTAL BREAKFAST**
- SERVICE**
- 8:45-9:00am **Morning Announcements & Sam's Prognosis** Searles & Slishman
- 9:00-9:45am **Delivering State of the Art Critical Care: Balancing Technology and Humanism** Scalea
- 9:45-10:30am **The Riches from Serving America's Poor** Searles
- 10:30-11:00am **BREAK & EXHIBITS**
- 11:00-11:45am **Haiti's Earthquake – Working Thousands of Miles Away Brings it Home** Auerbach
- 11:45-12:30pm **Service – Q&A and Panel Discussion**
Moderator: Searles
Panel: Auerbach, Johnson, Scalea, Slishman & Van Hoesen

- 12:30-1:00pm **Conference Wrap-Up... "In purity and holiness I will guard my life and my art."- The Hippocratic Oath**
Moderator: Najm
Panel: Searles & Slishman and Selected Conference Registrants

BOX LUNCH & AFTERNOON ACTIVITIES

(visit www.OslerSymposia.org for details)

- 1:00-5:30pm **Camp Sheehan – Exercise & Play**
"Be first a good animal. Life is not a spectator sport. Only to the good animal come the peak experiences...."
– George Sheehan
- 2:00-3:30pm **Breakouts Session I**
- 4:00-5:30pm **Breakouts Session J**

- 6:30-10:30pm **FAREWELL PARTY**
- 6:30-7:45pm **Dinner**
- 7:45-8:00pm **Final Thoughts and Introduction of Thomas Moore**
- 8:00-9:00pm **Care of the Soul in Medicine** Moore
- 9:00-10:30pm **Music and Dancing**

- 10:30pm **UNTIL WE MEET AGAIN...**

how it works

Afternoon Athletic Activities & Other Fun Things to Do

On five of the six afternoons during the conference – Sun, Mon, Tue, Thu & Fri – you can attend breakout sessions or participate in planned activities. Each day Camp Sheehan athletic activities include your choice of: hiking, mountain biking and climbing.

Or you may want to have fun visiting some of Albuquerque's treasures including: Sandia Peak Tramway, Albuquerque Balloon Museum, the Petroglyphs, a visit to the UNM violin-making studio of Dr. Peter White (UNM professor and emeritus EPC board member), Old Town or any of our cultural centers.

On Wednesday afternoon we will offer several excursions to Santa Fe (an hour from Albuquerque) and its surrounding areas. Or you may wish to enroll in Lee Lipsenthal's or Peter McLaughlin's optional workshops.

All activities are included in the registration fee, exclusive of equipment rental fees.

Following receipt of your registration you will be sent a form on which you will be able to plan your schedule by selecting your breakouts and other things you want to do. NOTE: Attendance in the breakouts will be limited, so early registration is encouraged.

ALBUQUERQUE NEW MEXICO



Photo: Ise Slishman

Photo: kipmalone.com

Photo: itsatrip.com

LOCATION & ACCOMMODATIONS

ALBUQUERQUE, NEW MEXICO is a great place to live as well as a wonderful place to visit. It's New Mexico's largest city but still retains its neighborhood feel. If you love sunshine, you'll love Albuquerque! With over 300 days of sunshine per year, the city is an ideal location for outdoor activities including mountain biking, hiking and rock climbing – all of which we're offering during the Osler Symposium. You'll want to take a ride up the Sandia Peak Tram, venture to the Petroglyphs, visit Old Town and the Indian Pueblo and National Hispanic Cultural Centers – to name a few of the activities and venues in or near our fair city. And be prepared to answer the New Mexico state question "Red or Green?" ... when dining.

Visit www.itsatrip.org for more information. NOTE: Santa Fe is only an hour north on I-25. You'll have the opportunity to visit that unique city on Wednesday afternoon, May 18th.

The new **Sheraton Albuquerque Airport Hotel** is only one mile from Albuquerque's International Sunport and minutes away from Historic Old Town and many of the city's attractions. The entire hotel was remodeled in 2010 and offers high speed internet access. There's an outdoor pool and well-equipped fitness center and all the services you'd expect at a Sheraton. **A block of rooms has been reserved for Osler Symposium attendees and will be**

held until Friday, April 22, 2011. The room rate is **\$109 single/double occupancy**, plus taxes currently totaling 13%. You may make your reservation by calling the on-site Reservations Department (505-843-7000) or National Reservations (888-625-4937).

ROOMMATE MATCHING

If you would like to find a person to share accommodations, please email janice@EndorphinPower.org to be added to the Roommate Matching List. The list will be sent to you so you may contact others to make your own arrangements.

ABOUT THE EDUCATION

ACCREDITATION: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of California, San Diego School of Medicine and the Endorphin Power Company. The University of California, San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AMA: The University of California, San Diego School of Medicine designates this educational activity for a maximum of 43.25 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

AAFP: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AAPA: Accepts *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME to grant Category 1 credit.

BRN: For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts *AMA PRA Category 1 Credits™* (report up to 43.25 hours of credit and list "CME Category 1" as the provider number).

NOTE: Osler Symposium - maximum 38.75 *AMA PRA Category 1 Credits™*. Optional Wednesday afternoon workshops - maximum 4.5 *AMA PRA Category 1 Credits™*.

TARGET AUDIENCE: All doctors at crossroads in their medical careers who want to reignite their professional passion, and those who desire a week of education and relaxation with peers in an informal, collegial setting.

OBJECTIVES: At the end of this CME activity, participants should be able to:

- Describe key personal and group behaviors and barriers leading to a stressful practice and burnout
- Determine the aspects of their personality and behavior that help or hinder their progress, personal growth and patient care
- Review the nature of stress for healthcare practitioners
- Recognize and utilize available resources and support groups to enhance wellness
- Develop personal,

practice and environmental changes to support the priority objectives of a wellness program

- Acquire tools to modify their stress responses and better manage internal and external stress
- Prepare a successful personal wellness program that will create a culture of health and well-being and facilitate lifestyle behavior change and growth.

DISCLOSURE: It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms 1) altering the financial relationship with the commercial interest, 2) altering the individual's control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity. Participants will be asked to evaluate whether the speaker's outside interests reflect a possible bias in the planning or presentation of the activity.

CULTURAL AND LINGUISTIC COMPETENCY: This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or who have limited ability to speak English, direct communication in the patient's primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UCSD CME website at <http://cme.ucsd.edu>.

NEEDS ASSESSMENT: Physicians face many stressors on a daily basis including: insurance guidelines, malpractice threat, health reforms, practice demands, demanding patients, family life, meeting expectations, performance related pay, etc. This can lead to depression and maladaptive coping strategies. Physicians are not immune to health problems. Health care providers start with enthusiasm and altruism. They are intense, energetic, excited by the challenge and eager to make an impact. When does this all change? Recent publications and news reports have highlighted the increase in physician burnout. Despite the potentially serious personal and professional consequences of burnout, few interventions exist to combat this problem. A (wellness) plan to guide physicians and healthcare providers to better manage stress is no longer an option but a necessity.

Often, there is reticence in admitting, even to oneself, any shortcomings. Aside from providing attendees with skills, knowledge and resources to help them manage stress more efficiently, the conference will serve to develop a community that can offer help and advice as well as moral support.

Profession is a very important and a very time-consuming aspect of life, but it is not all of life. It is essential to have a life outside of the practice. Practicing physicians should be given the tools to ward off burnout. This conference will offer meditation and mind-body tools to attendees to learn and implement in their daily lives. Developing and sustaining interests outside of the practice may also help to add a spark of zest to life. *Mensa sana in corpore sano* – a healthy mind in a healthy body.

To "manage oneself" requires taking stock of personal strengths, reaffirming responsibility for relationships, and actively planning for the development of parallel career interests (Drucker PF 2005). Finally, families (never neglect the family) often bear the burden of professional stress. Time spent with family is too brief and then time is gone forever. Attendees and their significant others will have opportunities to participate jointly in the sessions and outdoor activities to strengthen their bonds and re-invigorate personal and professional lives.

OSLER SYMPOSIUM DOCTORING 2011: EMBRACING THE CHALLENGE

May 14-20, 2011

(Please complete a separate form for each registrant or couple.)

Name _____
First MI Last Credentials

2nd Name _____
(Couple's Registration): First MI Last Credentials

First Name(s) to Appear on Badge(s) (if different from above) _____

Mailing Address _____

City _____ State/Province _____ Zip/Postal Code _____ Country _____

Contact Telephone # _____ E-mail (required) _____

GENERAL INFORMATION

DATES

Entire Conference: Saturday-Friday, May 14-20, 2011

Part One: Saturday-Tuesday, May 14-17, 2011

Part Two: Wednesday-Friday, May 18-20, 2011

CONFERENCE LOCATION

Sheraton Albuquerque Airport Hotel
2910 Yale Boulevard SE
Albuquerque, New Mexico
505-843-7000

EPC STATEMENT ON CONFERENCE FEES

The Endorphin Power Company is a 501(c)(3) nonprofit organization and is proud to present the Osler Symposium because it honors EPC's vision and mission. Meetings are extremely expensive to produce. EPC did not set the conference fees with the objective of making a profit but rather with the goal of covering costs. The Endorphin Power Company is extremely cognizant of the increased costs associated with attending meetings and it strives to make every educational event worthy by providing unique, rewarding – and fun – experiences of the highest caliber. We guarantee it!

REGISTRATION FEES

Course fee includes lectures, breakout sessions, syllabus, afternoon activities, continental breakfasts, box lunches, Sat, May 14th welcome dinner and Fri, May 20th farewell party. Please see adjacent Registration Form for complete listing of fees. NOTE: Only one person eligible for CME credit with couple registration.

METHODS OF PAYMENT

You may pay by check or credit card. (VISA, MasterCard, Discover). If you register online your credit card will be charged within 48 hours following registration.

CANCELLATION AND REFUND POLICY

Written notice of cancellation must reach the Endorphin Power Company office by Friday, April 22, 2011 in order to receive a refund, less a \$100 administrative fee. After that date no refunds will be issued. The Endorphin Power Company cannot be responsible for any personal or travel conditions that may prevent conference attendance.

SPECIAL NEEDS

The Endorphin Power Company fully complies with the legal requirements of the Americans with Disabilities Act. If you have special needs, please notify EPC at least three weeks prior to the conference.

PRIVACY STATEMENT

The Endorphin Power Company will not share any information that you provide when you register for the Osler Symposium.

QUESTIONS – BIG OR SMALL?

Janice Mancuso
janice@EndorphinPower.org
505-559-4497 – direct
505-506-4496 – mobile

A. ENTIRE CONFERENCE

	Before Apr 14	Before May 13	On-Site
MDs & DOs	<input type="checkbox"/> \$1875	<input type="checkbox"/> \$1975	<input type="checkbox"/> \$2025
MD/DO & Spouse/Partner	<input type="checkbox"/> \$2875	<input type="checkbox"/> \$2975	<input type="checkbox"/> \$3025
Resident & Retired MD/DO	<input type="checkbox"/> \$1575	<input type="checkbox"/> \$1675	<input type="checkbox"/> \$1725
Resident/Retired & Spouse Partner	<input type="checkbox"/> \$2375	<input type="checkbox"/> \$2475	<input type="checkbox"/> \$2525
All Others	<input type="checkbox"/> \$1375	<input type="checkbox"/> \$1475	<input type="checkbox"/> \$1525
Other & Spouse Partner	<input type="checkbox"/> \$2175	<input type="checkbox"/> \$2275	<input type="checkbox"/> \$2325

SUBTOTAL

A.

B. PART ONE or PART TWO (choose one)

Part One: May 14-17

Part Two: May 18-20

	Before Apr 14	Before May 13	On-Site
MDs & DOs	<input type="checkbox"/> \$950	<input type="checkbox"/> \$995	<input type="checkbox"/> \$1025
MD/DO & Spouse/Partner	<input type="checkbox"/> \$1450	<input type="checkbox"/> \$1495	<input type="checkbox"/> \$1525
Resident & Retired MD/DO	<input type="checkbox"/> \$795	<input type="checkbox"/> \$845	<input type="checkbox"/> \$875
Resident & Retired MD/DO	<input type="checkbox"/> \$1195	<input type="checkbox"/> \$1245	<input type="checkbox"/> \$1275
All Others	<input type="checkbox"/> \$695	<input type="checkbox"/> \$745	<input type="checkbox"/> \$775
Other & Spouse Partner	<input type="checkbox"/> \$1095	<input type="checkbox"/> \$1145	<input type="checkbox"/> \$1175

B.

C. WEDNESDAY OPTIONAL WORKSHOPS

	Before May 13	On-Site
Emergenetics – McLaughlin	<input type="checkbox"/> \$195	<input type="checkbox"/> \$225
Life Balance for Health Care Practitioners – Lipsenthal	<input type="checkbox"/> \$195	<input type="checkbox"/> \$225
Life Balance for Health Care... Couple's Fee – Lipsenthal	<input type="checkbox"/> \$325	<input type="checkbox"/> \$355

C.

D. GUEST TICKETS (non-registrants) – FOOD FUNCTIONS

All Meals (Grandma's Beans, Breakfasts, Box Lunches & Farewell Party)	<input type="checkbox"/> \$425
Grandma's Beans only – Sat, May 14 <input type="checkbox"/> \$_____ (#_____ tickets @ \$40 each)	
Farewell Party only – Fri, May 20 <input type="checkbox"/> \$_____ (#_____ tickets @ \$60 each)	

D.

PAYMENT METHOD

TOTAL DUE \$

- Check payable (US funds) to Endorphin Power Company
 Discover Card MasterCard VISA

Acct No. _____

Exp. Date (mm/yy) _____ CVV2 (3 digits) : _____

Name on Card _____

Signature _____

Note: if you wish to pay in two equal installments you may do so by calling in your registration. (All fees must be paid before cut-off dates to qualify for lower rates.)

FOUR EASY WAYS TO REGISTER:

1 ONLINE: www.OslerSymposia.org

2 FAX: 505-266-3695

3 PHONE: 505-559-4497

4 MAIL: Osler Symposium Registration
Endorphin Power Company
509 Cardenas Dr SE
Albuquerque, NM 87108