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*"Linked together by the strong bonds of community of interests, the profession of medicine forms a remarkable world-unit in the progressive evolution of which there is a fuller hope for humanity than in any other direction." Sir William Osler*

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## **FACULTY COMMENTS FROM 2011 & 2012 OSLER SYMPOSIA**

*"Twenty years ago, soon after my book *Care of the Soul* came out, I began receiving calls from doctors and hospitals and hospices asking me to speak and consult for them. By now, I've visited countless medical centers in many countries and have a good sense of the human issues in the practice of medicine. At the very top of my list of excellence in retreat-type programs for doctors is the Osler Symposia. This is a meeting that is relaxed, friendly, useful and inspiring. And I mean each of those words with unusual intensity. These gatherings are not at all stuffy and yet feel entirely professional. There's a chance for doctors to talk to each other about things that matter to them professionally and personally. There is time for informal conversations. The easy atmosphere contributes to making solid connections with people from many places and many specialties. Several doctors have told me that the symposia have brought them back to the vision they had when they began in the profession. I've seen changes taking place before my eyes. I'm not attracted to conferences generally and usually try to avoid them. But when the Osler Symposia is not in session, I feel a hollow gap. I hope some visionary organization notices how valuable this program is and gives it the financial support it needs to continue its unique offering. And I hope doctors hear about the program and come in great number."*  
Thomas Moore (also author of *Care of the Soul in Medicine*)

*"Flourishing of the medical profession and of the medical professional is interlinked and directly impacts the quality of patient-centered care. The first Osler Symposium was the first that I have attended that spoke to the concerns and opportunities for both."*  
Stephen Sergay, MD, Past President, American Academy of Neurology

*"The Osler Symposium made me re-examine my medical life. It substantially altered the way I practice and how I approach my professional responsibilities."*  
Thomas Scalea, MD, Director of Shock Trauma Center, University of Maryland

*"The faculty were not only good motivational speakers, but were remarkably well-versed in the medical literature. At age 62, I think this was the first real CME program I have attended. Great access to the faculty; great 'personal touch,' almost like being tutored in a small group format. This program is a retreat in the best sense of the word."*  
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

*"The symposium is unique in that it "speaks the unspeakable," in that it directly addresses the disappointment, disillusionment, and even despair that so many physicians feel, while at the same time offering both healing ideas and practices to create a healthier physician in mind, body, and spirit."*  
Johanna Shapiro, PhD, Professor of Family Medicine; Director, Program in Medical Humanities & Arts; University of California, Irvine School of Medicine

## **ATTENDEE COMMENTS FROM 2011 & 2012 OSLER SYMPOSIA**

*"The Osler symposium was one life changing experience."*  
Ashish Bhalla, MD, Internal Medicine, India

*"The conference in NM was the most impactful CME conference I've attended personally and professionally. As a psychiatrist, much of what was shared was of benefit to my patients and I continue to share it with them."*  
Jennifer Heath, MD, Psychiatry, Fort Worth, TX

*In this time of transition in my medical career, the Osler Symposium has helped to reinforce my core values, reinvest in my mission, and reinvigorate the strength and courage for change.*  
Jeffrey D. Miller, MD, Family Practice, Albuquerque, NM

*"I knew that if I was to continue being in my profession with all the changes we are now facing as physicians, I had to make a change. This conference grounded me again, giving me the tools to be happy and direct my life no matter what healthcare change throws my way."*  
Dianna Tolen, MD, Pediatrician, Canfield, OH



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

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*"Inspiring, Stimulating, Creative, Replenishing; I could go on and on. What a privilege to spend a week in this way with wonderful colleagues, and now new friends."*

F. Stonedale, MD, EM/HPM, Austin, TX

*"I attended the 2012 Osler, and think of it often. I learned so many things that have helped me further my peace of mind and balance in this busy practice of medicine, but most importantly I think was just the underlying premise of the conference that told us (finally) that \*our\* health and wellbeing as the providers are important and worthy of attention too! Too often we in medicine sacrifice our own time and sanity in order to do what's right for the patient, or colleague, or group, and it is critical to hear (often) that we need to safeguard our own physical and mental health as well. The urge to self-sacrifice is strong and we need to keep that in check in order to avoid burnout and social and family isolation.*

*THANK YOU for all the work you put into it and for being the driving force behind such a wonderful event. I think of it often, still have many books I brought home to read in the future, and I know will continue to reap the benefits of it for years to come. And if that magical sponsor steps out of the mist and picks up the banner of physician wellbeing, I will certainly attend the next one.*

*Many deep bows in your direction."*

Kim Carlson, MD, Internal Medicine, Mountain View, CA

*"Since I shared my story here at my community clinic, a good 3-4 other clinicians have asked me about the conference, and I think people are at least starting to be aware of burnout and its symptoms – I see it in a number of my colleagues here. But I've been keeping up with a daily meditation practice and yoga 2x/wk, and therapy, and have begun enjoying work again, something I wasn't sure was possible just a 6 months ago. I have a wellness literature shelf up in the office where people occasionally exchange books (mostly collects dust, though). I have learned about local CARES conferences on mindfulness and compassion, so there's other options here in San Diego for 'refreshers' as well.*

*I guess the best thing is that I'm still teaching my resident what I've learned recently, learning how to apply it to patient care, and adding the wellness dimension both to our staff meetings..., so I feel like the Osler Symposium message is continuing to be conveyed in different forms here at the clinic, even if the current discrete form of the conference is in limbo. Thank you so much, again, Janice, for the inspiration and the boost for my professional and personal life!"*

Byron Chow, MD, Pediatrics, San Diego, CA

*"This was the best CME course I have ever attended. Any physician who struggles with "Why am I a family medicine doctor?" should attend."*

Thomas Vinton, MD, Family Medicine, Omaha, NE

*"I highly recommend this conference for physicians who are experiencing any sense of dissatisfaction or difficulty in a period of change or "stuckness" in their medical careers. It was also very valuable for my spouse."*

Andrew Boyd, MD, Emergency Medicine/Psychiatry, Seattle, WA

*"The conference was sublime & transforming. I had my needs so fulfilled on so many levels while supported with so much science and data. There is hope that science and soul can be joined and practiced in medicine."*

Melissa Livingston, PA-C, Austin, TX

*"The Osler Symposium provides an essential step in the creation of a medical practice for the future."*

Daniel J. Brandt, MD, Psychiatrist, Las Cruces, NM

*"Not a day goes by that I do not think about that conference and the amazing speakers and breakout sessions and books and people and ideas and energy. I wanted to thank you for your very hard work. I cannot even imagine how difficult pulling off a conference like that is and I want you to know that there will be abundant harvests from the seeds you have sown that you may never see or reap...nevertheless your work will bear fruit."*

Lauren Barron, MD, Medical Humanities Program, Baylor University