

Physician Wellness Luncheon June 9, 2023 The Aqua Turf Club 556 Mulberry Street, Plantsville, CT

11:45 Registration

12:00 Wellness Lunch – Terry Walters, Author of “Nourish”

12:30 Caring, Giving, Healing

– Michael F. Meyers, MD Author of “Why Physicians Die by Suicide: Lessons Learned from their Families and Others who Cared.”

1:15 Physician Burnout, Depression and Suicide Risk

– Phoebe Leith, MD Ketamine/TRD/SI

Objectives: 1. To characterize the key aspects and causes of physician burnout 2. To understand the incidence of suicide among physicians and potential risk factors/interventions

The Connecticut Society of Eye Physicians designates this educational afternoon activity for a maximum of 1.25 AMA PRA Category I Credit(s)™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Connecticut Society of Eye Physicians is accredited by the Connecticut State Medical Society to sponsor continuing medical education for physicians.

Sponsors



Speakers' Bios



PHOEBE J LEITH, MD

Dr. Leith is board certified in anesthesiology (Stanford University Medical Center) and pediatrics (UCSF Benioff Children's Hospital), fellowship trained (Children's National Medical Center, DC) in pediatric anesthesiology/pain and taught at Yale School of Medicine with a dual appointment in pediatrics, anesthesiology and pediatric pain management for several years before going into private practice.

She has over 30 years of clinical medicine experience with adults and children inpatient and outpatient, pain management and palliative care. Her training and experience led her to begin a practice in the last ten years working to help patients recover from treatment resistant depression and suicidal ideation.

She is passionate about the need for organized, comprehensive supportive care for individuals who are at risk of burnout, depression and suicidal ideation. She discusses what we know about burnout, the controversies, and ultimately, what we can do to help our friends, our families, our patients and ourselves.



MICHAEL F. MYERS, MD

Dr. Myers is a Professor of Clinical Psychiatry at SUNY Downstate Health Sciences University in Brooklyn, NY. He is a specialist in physician health – as a clinician “a doctors’ doctor”, researcher, writer, mentor, lecturer, and consultant. He is the author (or co-author) of nine books, most of which are about and for physicians and their families, including “Why Physicians Die by Suicide: Lessons Learned from Their Families and Others Who Cared.” Dr Myers is a past president of the NYC Chapter of the American Foundation for Suicide Prevention, founded in 1987 by a small group of families affected by suicide loss and a team of researchers. A recipient of many national and international awards, he was honored with a Presidential Commendation from the American Psychiatric Association in 2022 for his clinical research, teaching, and advocacy in suicide. Dr Myers became a survivor of suicide loss at the age of 19 when his room-mate Bill, a fellow medical student, took his life.



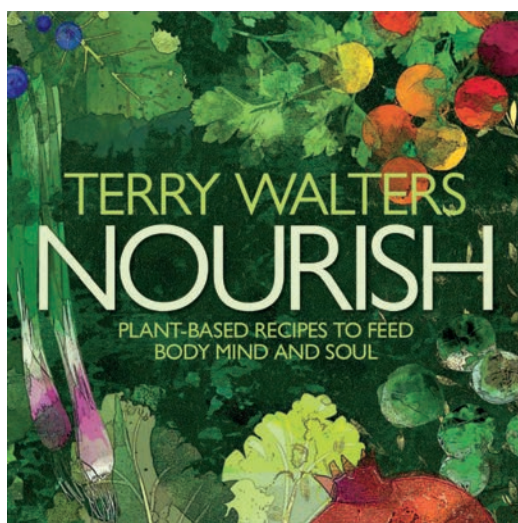
TERRY WALTERS

Terry Walters is a cookbook author, teacher, chef, writer, coach, and speaker. She has been empowering people to make healthy and sustainable diet and lifestyle changes for over two decades.

Terry's wake up call came when she was in college. Her dad had suffered a heart attack, and her mom insisted she have her cholesterol checked. When she did, she was told simply that I was in a no risk category. She reported her “no risk” status to her mom, who insisted she go back and have her blood drawn. Days later, she learned that her cholesterol was through the roof. Living on cafeteria food and delivery pizza was not going to allow her to improve my health, so she moved into an apartment with a kitchen and started teaching herself how to cook and eat real food.

Eventually Terry became accomplished in the kitchen and the more she cooked the more she craved deeper knowledge.

She dove into classes in macrobiotics, integrative nutrition, and Ayurveda. She went on to write four amazing clean food cook books, including her most recent Nourish.





Friday, June 9, 2023

**The Aqua Turf Club 556 Mulberry Street, Plantsville, CT
Physician Wellness Luncheon Registration Form**

Fax to 860-496-1830 or Email debbieosborn36@yahoo.com or

Mail to: PO Box 854 • Litchfield, CT 06759

Name _____ Street _____

City _____ State _____ Zip _____

Email Address _____ Telephone _____

My check for \$ _____ is enclosed (if registered after May 30, 2023)

Please mail this form with your payment to: CSEP, P.O. Box 854, Litchfield, CT 06759

You can scan this form and email with credit card information to debbieosborn36@yahoo.com

Complimentary Registration up until May 30, 2023 After May 30 \$25.00

_____ Visa _____ Mastercard _____ American Express

____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ / ____ /
(16 digit card number)

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(Expiration date)

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*3 digit # that appears on the back of the Visa/Mastercard

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*4 digit # that appears on the front of the American Express

_____ Total amount charged

(Card holder's name)

(Card holder's signature)

(Card holder's address)

(Practice name)

(City - State)

*5 digit Zip code (required)

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