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## Thursday, September 27

- 7:00 – 9:00 pm Viewing of the film, **The Doctor** starring William Hurt, based on the book **A Taste of My Own Medicine** by Edward Rosenbaum, M.D. • Moderators: Howard Rosenbaum, M.D.; Mary McCarthy, M.D.
- 8:00 pm **Optional Play • Romeo & Juliet** by William Shakespeare • Elizabethan Stage

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## Friday, September 28

- 7:00 – 8:00 am Registration
- 7:30 am Exhibits
- 8:00 – 9:00 am My Brother's Keeper: Heart of Gold, Feet of Clay: Reflections and Lessons of a Career Treating Physicians and Other Health Care Professionals • Henry Grass, M.D.
- 9:00 – 10:00 am Medical Training & Delayed Gratification: Necessary Postponement and Long Term Risks • Don Rosen, M.D.
- 10:00 – 10:15 am Refreshments & Exhibits
- 10:15 – 11:15 am Medical Students' Unique and Common Treatment Issues • Leah J. Dickstein, M.D.
- 11:15 – 12:15 pm Coaching and Counseling Distressed Physicians: Lessons Learned in 3 Year OHSU Resident Wellness Program • Mary Moffit, RN, Ph.D. & J. Mark Kinzie, M.D.
- 12:15 – 1:30 pm Lunch on your own (see Box Lunch purchase option)
- 1:30 – 2:30 pm Blame, Shame and Self in the Context of Clinical Mistakes and Malpractice Suits • Esther Lerman Freeman, Psy.D.
- 2:30 – 2:45 pm Refreshments & Exhibits
- 2:45 – 3:45 pm An Active Wellness Pathway for Practicing Physicians: Our Lifetime Responsibility • Leah J. Dickstein, M.D.
- 3:45 – 4:15 pm Panel Discussion – Practical Application of Today's Conference Presentations to Practitioners' Lives • Leah J. Dickstein, M.D.; Henry Grass, M.D.; Mary Moffit, RN, Ph.D.; J. Mark Kinzie, M.D.; Esther Lerman Freeman, Psy.D.
- 4:15 – 5:00 pm Pre-play Discussion – Shakespeare's **The Tempest** or Psychodrama • Robert Grudin, Ph.D.
- 8:00 pm **Play • The Tempest** by William Shakespeare • Elizabethan Stage

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## Saturday, September 29

- 7:30 am Exhibits
- 7:30 – 8:00 am Registration
- 8:00 – 8:45 am The Doctor has Parkinson's Disease • Richard Rosenbaum, M.D.



- 8:45 – 9:45 am Professionalism in the Practice of Medicine • Lee D. Jones, M.D.
- 9:45 – 10:00 am Refreshments & Exhibits
- 10:00 – 12:00 pm Panel Discussion – **The Tempest** • Scott Reichlin, M.D.; Robert Grudin, Ph.D. & Oregon Shakespeare Festival Actors
- 12:00 – 1:15 pm Lunch on your own (see Box Lunch purchase option)
- 1:15 – 1:30 p.m. Break
- 1:30 – 2:30 pm Brian Buss Lecture – Loss and the Physician: The Effects of Loss of a Family Member on the Physician and His/Her Patients • Henry Grass, M.D.; Candace K. McKanna, M.D.; Michael Resnick, M.D.
- 2:30 – 3:30 pm Living The Life You've Always Dreamed Of: A Metaphor For Getting There • Linda Worley, M.D.
- 3:30 – 3:45 pm Refreshments & Exhibits
- 3:45 – 4:45 pm When Wellness Fails: Addressing Addiction and Other Conditions in Medical Professionals • Susan V. McCall, M.D.
- 4:45 – 5:30 pm Pre-play Discussion – August Wilson and the Politics of Social Healing: An Introduction to **Gem of the Ocean** • Michaela Grudin, Ph.D.
- 8:00 pm **Play • Gem of the Ocean** by August Wilson • Angus Bowmer Theatre

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## Sunday, September 30

- 8:00 – 10:00 am Body, Breath, and Psyche: Yoga and Related Techniques for Preventive Health and Wellness • Sudha Prathikanti, M.D.
- 10:00 – 10:15 am Refreshments & Exhibits
- 10:15 – 12:15 pm Panel Discussion – **Gem of the Ocean** • David Rovno, M.D.; Norwood W. Knight-Richardson, M.D.; Michaela Grudin, Ph.D. & Oregon Shakespeare Festival Actors



### Accreditation

**CME Credit:** The Oregon Psychiatric Association is accredited by the Oregon Medical Association to sponsor continuing medical education for physicians.

The OPA designates this educational activity for a maximum of 16.75 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Designation:** OPA designates 2.0 Category 1 credits for Thursday, 7.25 Category 1 credits for Friday, 7.5 Category 1 credits for Saturday, and 4.0 Category 1 credits for Sunday, for a total of 20 Category 1 credits.

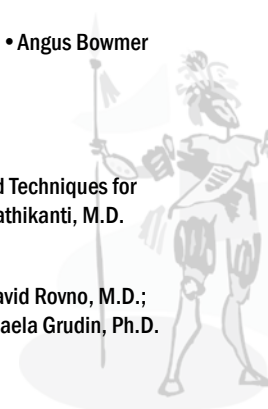
**Target Audience:** The target audience for this program is psychiatrists and other mental health professionals.

**Evaluation:** An evaluation form will be provided to attendees for feedback and assessment of this educational event.

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## Faculty

- Leah J. Dickstein, M.D., M.A. .... Psychiatrist, Professor Emerita, University of Louisville, School of Medicine, Louisville, KY
- Henry Grass, M.D. .... Psychiatrist in Private Practice, Portland
- Michaela G. Grudin, Ph.D. .... Professor Emerita of English, Lewis & Clark College
- Robert Grudin, Ph.D. .... Professor of English, Emeritus, University of Oregon; Writer
- Lee D. Jones, M.D. .... Associate Dean for Student Affairs, Professor, Dept. of Psychiatry, School of Medicine, UTHSC, San Antonio, TX
- J. Mark Kinzie, M.D., Ph.D. .... Assistant Professor of Psychiatry, OHSU
- Norwood W. Knight- ..... Vice Chairman, Dept. of Psychiatry; Director, Division of Public Psychiatry; Director, Neuropsychiatric Institute; Director Telepsychiatry Program, OHSU
- Richardson, M.D., M.A., M.B.A. ....
- Esther Lerman Freeman, Psy.D. .... Clinical Psychologist & Assistant Professor, Dept. of Psychiatry, OHSU
- Susan V. McCall, M.D. .... Preventative Medicine Specialist; Past President of the Federation of State Physician Health Programs and of the Oregon Society of Addiction Medicine; Medical Director, Oregon Health Professionals Program
- Mary McCarthy, M.D. .... Psychiatrist, Program Chair, OPA; Private Practice, Portland
- Candace K. McKanna, M.D. .... Psychiatrist in Private Practice, Portland
- Mary Moffit, RN, Ph.D. .... Director OHSU Resident Wellness Program; Assistant Professor, Dept. of Psychiatry, OHSU
- Sudha Prathikanti, M.D. .... Professor of Psychiatry, UCSF Osher Center for Integrative Medicine
- Scott Reichlin, M.D. .... Psychiatrist, Director, Forensic Evaluation Service, Oregon State Hospital
- Michael Resnick, M.D. .... Psychiatrist, Medical Director Substance Abuse Program, Portland VA Medical Center
- Howard Rosenbaum, M.D. .... Psychiatrist in Private Practice, Beaverton
- Richard Rosenbaum, M.D. .... Neurologist, The Oregon Clinic; Clinical Professor Neurology, OHSU
- Donald E. Rosen, M.D. .... Psychoanalyst, Psychiatrist and Director of Psychiatry Residency Training, OHSU
- David Rovno, M.D. .... Private Practice, Oakland, California
- Linda L. M. Worley, M.D. .... Professor of Psychiatry, University of Arkansas for Medical Sciences



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## Educational Objectives:

Participants will learn or understand: how illness affects the healthcare practitioner resulting in improvement in empathy and understanding for their patients; the varied mental health and addiction problems of healthcare professionals; the benefits and risks of delayed gratification in their personal and professional lives; about the unique and common treatment issues of medical students; how a functioning wellness program operates for medical professionals in training; about common emotional responses to clinical mistakes and constructive ways to deal with them; how to develop a coping plan in the event of untoward events in practice; a personal and pro-active model of health care responsibility; how Parkinson's Disease affects the lives of those with the illness; how professionalism is important in medical practice; how the loss of a family member affects the medical practitioner and his or her patients; risk factors for suicide and strategies to maximize optimal health and satisfaction; how the Oregon Health Professionals Program operates in helping the chemically dependent; and techniques of yoga, mindfulness meditation and relaxation response in a preventive wellness program. Participants will also learn from a discussion of play performances how the play is a psychological allegory and psychodrama with relevance in understanding human behavior, including the African American experience of oppression.

# Ashland Meeting Registration



Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Email: \_\_\_\_\_  
 Guests: \_\_\_\_\_

### Registration

NCPS/APA Member .....@ \$195 = \$ \_\_\_\_\_  
 Non APA Member .....@ \$245 = \$ \_\_\_\_\_  
 Other Mental Health Professional .....@ \$245 = \$ \_\_\_\_\_  
 Psychiatric Resident .....@ \$0 = \$ \_\_\_\_\_  
 Guest (no CMEs).....@ \$40 = \$ \_\_\_\_\_

### Boxed Lunch Option

# \_\_\_\_\_ Friday Box Lunch (sandwich, salad, bev. & dessert ) @15 ..... \$ \_\_\_\_\_  
 # \_\_\_\_\_ Saturday Box Lunch (sandwich, salad, bev. &dessert ) @15 ..... \$ \_\_\_\_\_

### Theatre Tickets (orders must be received by August 30)

Friday 9/28 • 8:00 pm • The Tempest on the Elizabethan Stage

# \_\_\_\_\_ @ \$59 (40 available) ..... \$ \_\_\_\_\_  
 # \_\_\_\_\_ @ \$50 (8 available) ..... \$ \_\_\_\_\_  
 # \_\_\_\_\_ @ \$36 (41 available) ..... \$ \_\_\_\_\_

Saturday 9/29 • 8:00 pm • Gem of the Ocean in the Angus Bowmer Theatre

# \_\_\_\_\_ @ \$59 (47 available) ..... \$ \_\_\_\_\_  
 # \_\_\_\_\_ @ \$50 (42 available) ..... \$ \_\_\_\_\_

### Other Theatre Tickets Available (not part of program)

Thursday 9/27 • 8:00 pm • Romeo & Juliet on the Elizabethan Stage

# \_\_\_\_\_ @ \$55 (21 available)..... \$ \_\_\_\_\_  
 # \_\_\_\_\_ @ \$45 (24 available) ..... \$ \_\_\_\_\_  
 # \_\_\_\_\_ @ \$32 (44 available) ..... \$ \_\_\_\_\_

Total \$ \_\_\_\_\_

Check for total amount enclosed. Or, charge to my  Visa  Mastercard.

Acct. No. \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Return this form to: NCPS, 1631 Ocean Avenue, San Francisco, CA 94112  
 415/334-2418 • Fax: 415/239-2533

Deadline for ticket purchase is August 30. Seats are assigned on a first come, first served basis. No refunds on tickets after August 30 unless they can be resold. Refund requests for registration fees must be received three days prior to the meeting.

### Accommodations

Call the Windmill Inn of Ashland at 1-800-547-4747 to make hotel reservations. To be sure you receive the special rate for OPA, notify the Reservation Agent of the special group code: 09270CPA. To ensure group rate and room availability, reservations must be made by Tuesday, August 28. Single: \$110.00, Double: \$118.00 Suites: \$144.00. All room rates subject to 7% tax. Queen \$110-118 • Queens/King \$127 • Suites \$144

**Important Deadlines**  
**Hotel Group Rate - August 28**  
**Play Tickets - August 30**  
**Program Registration - September 20**

Northern California Psychiatric Society  
 1631 Ocean Avenue  
 San Francisco, CA 94112

**September 27-30, 2007**

20<sup>th</sup> Joint Meeting of the Oregon Psychiatric Association  
 & the Northern California Psychiatric Society

**Windmill Inn, Ashland, Oregon**

*To Be Well or Not To Be Well,  
 That is the Question*



Wellness for  
 Healthcare  
 Professionals

**Northern California Psychiatric Society**  
**1631 Ocean Avenue • San Francisco, CA 94112**

**Robert Dolgoff, MD • President**  
**David A. Rovno, MD • Program Chair**  
**Renée Georgulas • Executive Director**