

The Resilient Physician Effective Emotional Management For Doctors And Their Medical Organizations

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The Resilient Physician Effective Emotional

The Resilient Physician will explain how managing emotions is key to personal stress-resilience and to building successful organizations. It will teach physicians how to deal with others effectively and flexibly. And it will teach physicians how to manage their own stress reactions and how to respond to others when they are stressed.

The Resilient Physician: Effective Emotional Management

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The Resilient Physician: Effective Emotional Management for Doctors & Their Medical Organizations by Wayne M. Sotile (2002-01-04) Mass Market Paperback – January 1, 1843 5.0 out of 5 stars 4 ratings See all formats and editions

The Resilient Physician: Effective Emotional Management

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The Resilient Physician: Effective Emotional Management for

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Doctors & Their Medical Organizations. Physicians today may face more stress than any other group of professionals. Long hours, continual training, and constant change in the workplace complicate their already stressful lives.

The Resilient Physician: Effective Emotional Management

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The Resilient Physician : Effective Emotional Management for Doctors and Their Medical Organizations by Wayne M. Sotile; Mary O. Sotile. American Medical Association, 2002. Paperback. Good. Disclaimer:A copy that has been read, but remains in clean condition. All pages are intact, and the cover is intact. The spine may show signs of wear.

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The resilient physician : effective emotional management

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Equal parts personal and practical, The Resilient Physician is a must-have for any clinician or medical professional seeking better understanding and outcomes when handling the constant demands of this high-stress - but ultimately rewarding - career.

The Resilient Physician | SpringerLink

The prevalence of physician distress has been well documented in recent years, with recent national data suggesting that 44% of US physicians experience symptoms of burnout, characterized by emotional exhaustion and/or depersonalization, at least weekly. 1 Solutions to reduce distress and promote professional well-being have been broadly categorized into individual-focused and organization-oriented domains. 2-4 Among individual-focused approaches, resilience training has been proposed as one ...

Resilience and Burnout Among Physicians and the

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General US ...

New research suggests organizational approaches to reducing physician burnout such as improving the work environment are more effective than resilience training. Physicians have a higher level of ...

Resilience is Not the Key to Addressing Physician Burnout

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Resilience is the ability to bounce back from stressful circumstances. It is one of the most important qualities that a physician can have. Resilience can be learned. Resilient people do experience stress, but are adaptable and positive in response to change and adversity.

Resilience | WellMD | Stanford Medicine

Resilience can help protect you from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. If you have an existing mental health condition, being resilient can improve your coping ability.

Resilience: Build skills to endure hardship - Mayo Clinic

Utilize meditation and/or other relaxation techniques to reduce your stress level, such as: massage therapy, stretching exercises, aerobics, yoga, biofeedback, deep-breathing, guided imagery, progressive muscle relaxation. Use mindfulness (focusing on the present moment) to facilitate relaxation.

Developing Resilience and Avoiding Physician Burnout, Part ...

MAIN FINDINGS Four main aspects of physician resilience were identified: 1) attitudes and perspectives, which include valuing the physician role, maintaining interest, developing self-awareness, and accepting personal limitations; 2) balance and prioritization, which include setting limits, taking effective approaches to continuing professional development, and honouring the self; 3) practice management style, which includes sound business management, having good staff, and using effective ...

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Building physician resilience | The College of Family ...

The culture of the medical profession has been recognized as a key deterrent in physicians caring for themselves. Research suggests physicians tend to neglect physical examinations and delay seeking medical treatment for themselves. Long shift hours and resulting fatigue contribute to negative personal and professional consequences. For example, physicians who report burnout are also more ...

Individual Resilience

The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations American Medical Association Press. The Vanderbilt University Human Resources offers Organizational Development services for work groups.

Resilience Skill Development | Vanderbilt Faculty & Staff

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Sotile, Wayne and Sotile, Mary (2002). The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations American Medical Association Press. Tan, Chade-Meng (2012) Search Inside Yourself: The Unexpected Path to Achieving Success. Harper Collins Publishers, New York.

Building Resilience: Turning Challenges Into Success ...

- The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations, Wayne M Sotile & Mary O. Sotile
- The Medical Marriage: Sustaining Healthy Relationships for Physicians and Their Families, Wayne M. Sotile & Mary O. Sotile
- Staying Human During Residency Training, 4th ed., Allan D. Peterkin, MD

PowerPoint Presentation

Adverse Events, Stress, and Litigation: A Physician's Guide by Sara Charles, MD and Paul Frisch, JD; The Resilient Physician: Effective Emotional Management for Doctors and Their Medical Organizations by Wayne M. Sotile and Mary O. Sotile; The Medical Marriage: Sustaining Healthy Relationships for Physicians and Their Families by Wayne M ...

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Michigan Professional Insurance Exchange

Physicians actively pursuing their own resilience may be better equipped to handle the many challenges presented in a medical career. As such, they are often less likely to experience burnout, and physicians who are not burned out make fewer errors, are sued less often, and receive higher patient satisfaction scores. 1 - 3 To learn more about ...

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