

"The most important patient we have to take care of is the one in the mirror."

- Robert Wahl, M.D.

"I see that medical practices are becoming overwhelmed by trying to fit people in, having longer hours, staying late, and dealing with more than one medical concern at a time when a family or patient comes in. And it is overwhelming their system and their personal life."

- Sue Jacques

The Civility CEO, and contributor to Physicians Practice-Your Practice Your Way

"...Physician dissatisfaction and burnout is really on an accelerating curve. And some of our specialties that have some of the greatest critical needs in terms of physicians ...are burning out even quicker than the entire physician population as a whole."

- Gerald Maccioli, M.D.

Chief Quality Officer,
Sheridan Healthcare based
in Ft. Lauderdale, FL



**take care
of your patients**

BY TAKING CARE OF YOURSELF



CAPITAL MEDICAL SOCIETY FOUNDATION
Physician Wellness
PROGRAM

The Physician Wellness Program (PWP) provides a safe harbor for physicians to receive wellness coaching to address normal life difficulties in a confidential and professional environment.

Why Was The Program Created?

A physician's life can be difficult. Problems with the current health care delivery system, maintaining a healthy work/life/family balance, and dealing with the normal stresses of everyday life do take their toll on physicians.

Often our patients turn to us for counseling and guidance, but who can we turn to when we need to talk through an issue or get some coaching on how to handle the stresses in our lives? Too often the answer is "no one," and that is regrettable, because it is important that we be as healthy as possible in our roles as physicians.

It is important that we function at our best in all areas of our lives. By addressing areas of difficulty, we can decrease our stress levels and increase our level of resilience and effectiveness.

Some Examples of those Difficulties Include:

- Family Issues
- Relationship Problems
- Work-related Issues
- Depression and Anxiety
- Burnout
- Difficulty Managing Stress
- Mood Swings
- Suicidal Thoughts

How PWP Works

We have focused our program with four licensed psychologists with Ph.D.'s in psychology. These psychologists provide wellness coaching to Active and Associate members of Capital Medical Society (CMS), up to six visits per calendar year.

Our providers maintain a minimal confidential paper file for each physician, but no insurance will be billed and CMS and CMS Foundation, Inc. will not be given any information that would identify those who utilized the program. As such, the program is completely confidential. CMS Foundation, Inc. will pay a monthly invoice to each psychologist based on the total number of sessions provided. CMS membership will be verified through the Members Only-Membership List on the Capital Medical Society website.

To Make an Appointment

- 1) View our contracted psychologist options on the right. The most up-to-date list is available on our website at www.capmed.org/Members-Only/Physician-Wellness-Providers
- 2) Then contact your selected psychologist and identify yourself as a member of Capital Medical Society and that you wish to utilize the Physician Wellness Program

PWP Benefits

- This program is a CMS membership benefit for Active and Associate Members
- Member relatives may attend coaching sessions with members in attendance
- Six free in-person wellness coaching sessions each calendar year
- Complete confidentiality
- Convenient locations in Tallahassee
- This program is funded by donations and grants



Wellness Coaching Providers

Paul Deitchman, Ph.D.

916 N. Gadsden St.
Tallahassee, FL 32303
850-878-3571

UNIVERSITY: FLORIDA STATE UNIVERSITY

Tracey Morse, Ph.D.

1114 E. Tennessee St.
Tallahassee, FL 32308
850-556-7944

UNIVERSITY: SOUTHERN ILLINOIS
UNIVERSITY - CARBONDALE

Debra Weaver, Ph.D.

2880 Capital Medical Blvd., #2
Tallahassee, FL 32308
850-942-5585

UNIVERSITY: MEDICAL UNIVERSITY
OF SOUTH CAROLINA

Stephen Wright, Ph.D.

313 Williams St., #8
Tallahassee, FL 32303
850-222-3045

UNIVERSITY: FLORIDA STATE UNIVERSITY