



take care  
of your patients

**BY TAKING CARE OF YOURSELF**



CAPITAL MEDICAL SOCIETY FOUNDATION  
**Physician Wellness**  
PROGRAM

Since 2017, the Capital Medical Society Foundation 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. "Place yourself at the top of the to-do list" is a relevant quote, because physicians take care of everyone else very well and often fail at truly caring for themselves. This includes their own goals and dreams. "Be the change you hope to see in the world." The quote made famous by Mahatma Gandhi reminds us if we make changes and model those behaviors for our families and future generations of physicians, we will change the culture of medicine over time.

### **Why Was The Program Created?**

A physician's life can be difficult. Problems with the current healthcare delivery system, maintaining a healthy work/life/family balance, the COVID-19 pandemic, and dealing with the normal stresses of everyday life 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 to get advice on handling the stresses of life? Too often the answer is "no one," and that is regrettable. It is important that we be as healthy as possible in our role 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 physicians in mind and are offering six wellness coaches who include licensed psychologists with Ph.D.'s in psychology and licensed family and marriage therapists. These coaches provide up to six wellness coaching visits per calendar year for **Active** and **Associate** members of the Capital Medical Society (CMS) and for **TMH Residents**.

Our providers maintain a minimal, confidential, paper file for each physician, but no insurance will be billed. CMS will not be given any information that would identify those who utilize the program. As such, the program is completely confidential. The CMS Foundation will pay a monthly invoice from each partnering provider based upon the number of total sessions provided.

## To Make An Appointment

- 1) View our contracted wellness coach options on our website at [www.capmed.org/Physician Wellness Program](http://www.capmed.org/PhysicianWellnessProgram).
- 2) Then contact your preferred wellness coach and identify yourself as a member of the Capital Medical Society as an Active or Associate Member or as a TMH Resident and that you wish to utilize the CMSF Physician Wellness Program.

## PWP Benefits

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

“These sessions were very helpful. While six sessions are not enough to ‘solve’ some of the issues that brought me to utilize this resource, it was definitely appreciated. It lifted the initial financial burden of finding a coach/therapist. Thank you, CMS!”

– Anonymous

“As physicians, we often do not see ourselves as patients and overlook the need to take care of our own mental health. Burnout is ravaging our profession. Combine that with normal life stressors and career isolation and you make the recipe for disaster. We have to break the cycle and mind our own mental health. It is my hope that physicians will have a healthy attitude towards physician wellness and take advantage of these confidential, invaluable mental health resources.”

– Andrea Friall, M.D.

“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 base in Ft. Lauderdale, FL

# Wellness Coaches



**Paul Deitchman, Ph.D.**

313 Williams St., #5  
Tallahassee, FL 32303  
850-878-3571



**Tracey Morse, Ph.D.**

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



**Stephen Wright, Ph.D.**

313 Williams St., #7  
Tallahassee, FL 32303  
850-222-3045

# Specialty Area Coaching

## FAMILY, MARRIAGE, AND TRAUMA



### **Kenneth Fowler, Ph.D., LMHC & Certified Traumatologist**

1028 E Park Ave.  
Tallahassee, FL 32301  
850-212-6873

Dr. Fowler is a licensed mental health counselor (LMHC) and an Approved Supervisor for mental health counselors, marriage and family therapists, and social workers. As a result of his expertise in psychological trauma, Dr. Fowler was called to respond in New York City following the 9/11 attacks. As a leader in his field, he was able to help with this national tragedy. His work with natural disasters led to him being called to assist with the Hurricane Katrina disaster by debriefing first responders who were exposed to the aftermath of the trauma. Currently, he consults with the Southcom Command of the United States Armed Forces to help returning soldiers and their families deal with the effects of war as well as post-traumatic stress disorder.

## FAMILY AND MARRIAGE



### **Jane Marks, LFMT, LMHC**

3325-C Thomasville Road  
Tallahassee, FL 32308  
850-385-8222

For five decades, Jane Marks has helped countless families navigate the challenges in life. As a Licensed Family & Marriage Therapist, she will bring a thoughtful approach to wellness for those seeking individual, family or marriage coaching through the CMS Foundation's Physician Wellness Program.

## GRIEF, LOSS, AND TRAUMA



### **Brenda Rabalais, Ph.D.**

216 Lake Ella Drive  
Tallahassee, FL 32303  
850-841-7733

Brenda Rabalais, Ph.D., specializes in providing counseling services to those who are struggling with a loss or a trauma. Examples include; divorce, abandonment (foster care, adoption, service families), abuse, suicide, homicide, crime, loss of functionality, loss of home or job, long-term illnesses, other life transitions, as well as death. Brenda founded Lee's Place, a grief, loss and trauma counseling center, in 2000, and has been a practicing therapist as well as the Executive Director for those 21 years.





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