

take care of your patients
by taking care of
yourself



CAPITAL MEDICAL SOCIETY FOUNDATION
Physician Wellness
PROGRAM

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.

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 take their toll on physicians.

Some Examples of those Difficulties Include:

- Family or work-related issues
- Depression or anxiety
- Burnout or stress



How PWP Works

Our licensed psychologists and family and marriage therapists provide up to six, free, confidential wellness coaching visits per calendar year to Active and Associate members of the Capital Medical Society (CMS), CMS Member HCA Residents, and CMS Member TMH Family Medicine Residents.

Our providers maintain a minimal confidential paper file for each physician. No insurance will be billed and CMS and CMS Foundation staff will not be given any information that would identify those who utilized the program. As such, the program is completely confidential. CMS membership will be verified through the Membership List on our website

To Make an Appointment

Select and contact a CMSF PWP wellness coach and identify yourself as an Active or Associate member of the Capital Medical Society (CMS), CMS Member HCA Resident, or CMS Member TMH Family Medicine Resident.

Have other questions? Please contact the CMS Foundation at 850-877-9018.

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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

FAMILY AND MARRIAGE



Jane Marks, LFMT, LMHC
3325-C Thomasville Road
Tallahassee, FL 32308
850-385-8222

