

# 3rd Annual WorkLife Balance Symposium

## Promoting Resilience and Balance In Health Care Careers

*In memory of Dr. Gail Shapiro for her love and advocacy for children and her support of women's leadership in pediatrics*



**Thursday, November 5, 2009**

9:30 am to 3:30 pm

Wright Auditorium

Seattle Children's



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

# PROGRAM

November 5, 2009

- 9:15 am **Welcome and Introduction**  
*Bruder Stapleton, MD, Chair UW Department of Pediatrics*
- 9:20 am **Symposium Overview and Introduction of Keynote Speaker**  
Program Co-Chairs: *Cora Breuner, MD, MPH*  
*Charlotte Lewis, MD, MPH*
- 9:30 am **KEYNOTE: Mom's Marijuana**  
*Daniel Shapiro, PhD, Chair Humanities Department*  
*Penn State College of Medicine*
- 10:15 am **Q & A**
- 10:30 am **Personal Stories of Resilience:**
- **Breast Cancer:** *Dena Brownstein, MD*
  - **Breaking Barriers:** *Tess Chapman, MD*
  - **Midcareer Change:** *Matt Eisenberg, MD*
- 11:30 am **Interactive Renewal Strategies – Choose 3**
- **Yoga-Carey DeMartini**
  - **Journaling-Elizabeth Austen**
  - **Biofeedback/Meditation-Janna Kent, RN; Cora Breuner, MD, MPH**
  - **Massage-Judy Dansdill**
  - **Acupuncture-Gene Sine**
  - **Laughter Therapy-Kevin Wilhelmsen**
- 12:30 pm **Lunch (provided)**
- 1:00 pm **How Advocacy Fosters Resilience**  
*Beth Harvey, MD; President Washington Chapter AAP*
- 1:30 pm **Q & A**
- 1:45 pm **Partnering with Families in Challenging Situations**  
*Mark Mendelow, Manager, Patient & Family Relations*  
*Ann Moore, RN; Director IPU*
- 2:15 pm **Q & A**
- 2:30 pm **Direction Options to Mapquest Your Life: How to Avoid Toll Roads and Take the Alternate Scenic Route**  
*Cora Breuner, MD, MPH*
- 3:00 pm **Labyrinth Walk**  
*Martha Dimmers, Manager, Pastoral and Spiritual Care*
- 3:30 pm **ADJOURN**



# GENERAL INFORMATION

## COURSE DESCRIPTION

In our quest for work-life balance, we strive to remind ourselves of the passion we have for children - their health and their lives - that allows us to invest time, energy and emotion into our jobs. When work or family presents challenges, it is important to find ways to refocus and move forward. Please join us for this program which offers a variety of strategies for advancing work-life balance and the opportunity to experience options to incorporate.

## WHO SHOULD ATTEND

Seattle Children's and community health care professionals, administrators, human resource professionals.

## COURSE LOCATION

Seattle Children's - Wright Auditorium  
4800 Sand Point Way, NE  
Seattle, WA 98105

Parking is free; map/directions sent with registration confirmation letter

## GUEST SPEAKER

**DANIEL SHAPIRO**, PhD, Professor and Chair of Medical Humanities at the Pennsylvania State College of Medicine, is a cancer survivor, a psychologist, a teacher, and an author. His research focuses on coping with medical crises and fostering communication between healthcare providers and patients. Dr. Shapiro's clinical specialty is counseling healthcare providers with a specific focus on helping them overcome self-doubt and fear. His professional writings have appeared in *Ethics and Behavior*, *Health Psychology*, and the *Journal of Psychosomatic Research* and personal essays in the *New York Times*, *JAMA*, the *American Psychological Association's Monitor* as well as commentaries on National Public Radio's *All Things Considered*. He is the author of 2 books—*Mom's Marijuana: Love, Life and Beating the Odds* and *Delivering Doctor Amelia: The story of a gifted young obstetrician's mistake and the psychologist who helped her*.



# REGISTRATION

## 2<sup>nd</sup> Annual WorkLife Balance Symposium Promoting Resilience and Balance in Health Care Careers

**PRE-REGISTRATION IS REQUIRED.** Space is limited and registrations will be accepted in the order they are received. We do NOT accept telephone registrations, however, Visa and MasterCard are welcome and you may fax us your registration.

**Course Fee:** (includes catering and materials): **\$25**

**On-line registration available from the CME website brochure:**

[http://www.seattlechildrens.org/health\\_care\\_professionals/education/cme.asp](http://www.seattlechildrens.org/health_care_professionals/education/cme.asp)

**This form MUST be complete & received by noon November 3, 2009:**

**Seattle Children's CME  
PO Box 50020, Mail Stop S-219A  
Seattle, WA 98145  
or  
FAX: 206-987-5798**

**PLEASE PRINT**

Name: \_\_\_\_\_

Specialty: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Fax/Email: \_\_\_\_\_

### **PAYMENT:**

Check Enclosed. *Payable in US funds to: Seattle Children's CME*

VISA     MasterCard     Purchase Order

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

### **PLEASE SELECT 3 INTERACTIVE WORKSHOPS (20 mins in each):**

- Yoga     Journaling     Biofeedback/Meditation  
 Massage     Acupuncture     Laughter Therapy

The Puget Sound Women's Pediatric Society (PSWPS) is hosting dinner and presentation by Lana Staheli, 4pm-7pm, Wednesday, November 4 and welcomes your participation. For more information please contact Amy Carter at: [acarter@peds-associates.com](mailto:acarter@peds-associates.com)