
29TH
ANNUAL

BALANCE FOR
WOMEN
PHYSICIANS
CONFERENCE

“Hurt, Healing, Hope”



BRECKENRIDGE, COLORADO

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Conference Training Objectives:

Pending # CME Credit Training

Conference Objectives:

- Learn the many nuances of Lyme Disease and best treatments.
- Recognize human trafficking victims and know how to respond.
- Learn ways to negotiate with confidence.
- Experience the benefits of writing as a healing tool.
- Identify the effects of prejudice and traumatic memory in children and adults.
- Distinguish between Hospice and Palliative Care benefits.
- Recognize vicarious trauma and compassion fatigue in self and colleagues, and know prevention and management strategies.

Thursday, August 1, 2019

Therapeutic Writing: “**Writing Through Darkness**”

Speakers: Max Regan, MFA, writing instructor (www.hollowdeckpress.com) and Cathy Luh, MD, writer (www.docbookworm.com)

CME Credit: Pending Approval

Description: “Stories are antibodies against illness and pain” –Anatole Broyard

All human beings experience suffering, although we all experience it differently. For survivors of suffering, there is an inherent dignity in telling our own stories in our own words. How can writing touch our experience? How can it be a bridge to the experience of others? How can it be a complementary tool to support one's patients? Can creative expression be the doorway through which insight or hope might enter? The connection between art and healing is a well-documented relationship. In fact recent research has proven the link between self-expressing through writing and startling improvements in an individual's health, including increased immune function, reduction of depression and over-dependence on medications, and as a new strategy to help manage physical,

spiritual and psychic pain. Whether you are a survivor of a natural disaster, a bout with cancer, the loss of a loved one or any other painful circumstance, writing can be a powerful way to begin or continue the process of healing. In this lecture we will discuss the power and possibility of using the material from our own lives to create texts that invite the reader into our experience. Building creativity or writing practice can be a way to provide a steady ground from which to negotiate the changes and transformations in our lives.

Objectives:

1. Identify and express personal and professional memories and observations relating to trauma and recovery.
2. Take specific writing exercises and techniques back into their professional role as caregivers, for potential use by patients, colleagues or staff.
3. Practice using writing and creative self-expression as a practical tool for identifying and managing trauma, loss and recovery in both their personal and professional lives.

Friday, August 2, 2019

“Vicarious Trauma, PTSD, Compassion Fatigue”

Speaker: Doris Gundersen, MD

CME Credit: Pending Approval

Objectives:

1. Discuss symptoms of PTSD, vicarious trauma and compassion fatigue.
2. Discuss risk factors for these conditions.
3. Discuss treatment modalities and prevention strategies for each condition.

“Lyme Disease: What You May Not Know”

Speaker: Nancy L Brown MD

CME Credit: Pending Approval

Objectives:

1. Discuss the incidence of acute and chronic Lyme disease.
2. Recognize typical presentations of acute Lyme disease.
3. Implement an appropriate treatment protocol for suspected acute Lyme infections.
4. Recognize symptom patterns associated with chronic Lyme disease.
5. Use a screening tool to identify patients who may have chronic Lyme disease.
6. Recognize the limitations of current diagnostic testing for Lyme disease.

“Human Trafficking”

Speakers: Amanda Finger

Dr. AnnJanette Alejano-Steele: Co-founder and Board Member, Laboratory to Combat Human Trafficking / Associate Dean, College of Professional Studies at MSU Denver.

Dr. Alejano-Steele is a health psychologist by training (Ph.D. Psychology, Michigan State University), with NIH-funded Postdoctoral training in Psychology and Medicine at the University of California, San

Francisco. While I have served as co-founder, research/ training director at LCHT, I have moved through the tenure ranks at MSU Denver since 1996.

CME Credit: Pending Approval

Description:

Healthcare providers can play a critical role in identifying and referring people who may have been trafficked, and are integral to post-trafficking care. Yet, there has been limited attention to the information and training needs of individuals in the health sector to support their participation in the network of services for survivors. When healthcare workers are not properly trained to recognize trafficking, the crime and its health consequences go unnoticed. Sex and labor trafficking victims can present with chronic or neglected conditions as well as severe mental health consequences. Since traffickers exert near complete control over victims, points of contact with healthcare workers represent crucial opportunities for victim identification and intervention. Because of the great likelihood that trafficked persons will require health services both while they are in a trafficking situation and once they have been released, there is every reason to invest in capacity-building of health care providers as a means to improve the well-being and safety of trafficked persons and related populations.

Rural communities have particular challenges regarding human trafficking. These challenges come as a result of factors such as geographical isolation, interstate transportation routes, industries that hire seasonal workers (like tourism, agriculture, energy, and ranching), lack of economic/employment security, lack of victim resources and support, and a lack of training for front line professionals. Geographical isolation can contribute to a delay in intervention and lack of opportunities to identify human trafficking.

This training will cover: 1) An overview of human trafficking as a basic healthcare; 2) How to identify the clinical manifestations of the major forms of trafficking; 3) Integrating protocols and procedures to assess and respond to the needs of trafficked persons who present in the healthcare setting; 4) Service provider resources and referrals 5) Mandatory reporting requirements.

Objectives:

1. Participants will learn how human trafficking presents in urban and rural parts of Colorado and how to recognize the red flags and behavioral cues.
2. Participants will learn about local resources to support survivors in Colorado, how to report concerns as well as mandatory reporting requirements.
3. Participants will learn the importance of protocol development within healthcare systems and receive guidance on how to do this.

Saturday, August 3, 2019

"Title: Negotiating as if Your Livelihood Depends on It"

Speaker: Felecia Froe, MD

CME Credit: Pending Approval

Objectives:

1. Analyze different negotiating techniques
2. Understand when to use different negotiating techniques.
3. Recognize how to apply confidence to negotiate for what you want, whether it's getting your life partner to do something, your child to cooperate, or the salary you deserve.

"Palliative and Hospice Care: Something You Can Use

Speaker: Mary Fairbanks, MD

CME Credit: Pending Approval

Objectives:

1. Recognize Palliative Care and in what ways it is different and similar to Hospice Care.
2. Cite management of specific symptoms in relation to end of life.
3. Understand skills to discuss end of life issues with patients.

Book review and discussion: The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

By: Bessel van der Kolk M.D.

Discussion Leader: Doris Gundersen, MD

CME Credit: Pending Approval

Objectives:

1. Become familiar with the problem of traumatic memory.
2. Learn how Eye Movement Desensitization Reprocessing (EMDR) therapy works.
3. Recognize the costs associated with abuse and neglect.

"Children of the Camps" Movie and learning discussion.

Presenter and Moderator: Sandra Cohen MD

CME Credit: Pending Approval

This documentary film superbly demonstrates the long term effects of unexplored childhood trauma. Most importantly, it shows that healing is possible even 50 years later.

Objectives:

1. Learn to identify the effect of racism on a child's developing sense of self.
2. Learn several techniques (including relaxation and shared empathy) which will help adult survivors heal from shared trauma.
3. Observe within the healing process that strong feelings, including intra-group anger, may emerge and how open discussion of this anger can be used therapeutically within the group to foster healing.
4. Learn about resources available to help children and adolescents successfully move beyond the historical prejudices of their parents. (Reference: "Learning to Live Together," David A. Hamburg, MD and Beatrix A. Hamburg, MD, Oxford University Press, 2004.)



"Balance"

This one word is what every physician seeks, but where and when can you find it...