

3rd Annual Women in Medicine Conference: The Evolving Journey

"Practical Tools for Thriving Professionally and Personally"

October 16-18, 2009

The Hotel Roanoke & Conference Center

110 Shenandoah Avenue
Roanoke, Virginia



A participant from last years conference wrote:

"This weekend provided practical
career and life changing information
that has NEVER been shared
anywhere else.

All women in medicine needed
to attend this weekend. It was
phenomenal!"



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Continuing Medical Education
P.O. Box 13367
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Dear Colleagues:

The Carilion Clinic's CME Program is pleased to present the 3rd Annual Women in Medicine Conference: The Evolving Journey, "Practical Tools for Thriving Professionally and Personally", a conference for women physicians and midlevel professionals of all specialties from across the U.S.

The participants at the last two conferences were enthusiastic about this opportunity for women from around the country and from all specialties of medicine to interact, share wisdom, and support one another on the journey.

A number of workshops are back by popular demand as well as exciting new workshops.

Please join us this fall in the heart of the Blue Ridge Mountains for a valuable and highly interactive conference.

PROGRAM DIRECTORS:

Joanne Greenawald, M.D.

Founder and President,
Emergo Institute

Mary Gayle Sweet, M.D.

Assistant Director,
Family Medicine
Carilion Clinic

Jeri Lantz, M.D.

Division Chief, Internal Medicine
Pediatric Faculty
Carilion Clinic

Paul Dallas, M.D.

Director, CME Program
Carilion Clinic

PLANNING COMMITTEE MEMBERS:

Cynda Johnson, M.D., President and Dean Virginia Tech Carilion School of Medicine

Patrice Weiss, M.D., Vice Chair Carilion Clinic Department of OB/GYN

Linda M. Wells, Manager Carilion Clinic's CME Program



CONFERENCE PURPOSE AND OBJECTIVES:

The purpose of the conference is to provide speakers who will serve as mentors by:

- Sharing something of their personal story in medicine.
- Imparting "practical tools" that women can use to improve practices and/or personal lives.
- Encouraging women to clarify and create their unique path in medicine.

The conference has been developed to focus on the personal, professional and academic growth and satisfaction.

The participants will be able to:

- Assess current roles, work life balance.
- List goals for improving parenting, relationships, and personal health.
- Assess professional goals and identify steps toward professional development.
- Determine goals for areas of personal development.
- List effective ways of communicating with supervisors, colleagues, employees and family members.
- Define various academic medicine positions.
- List steps needed to get into or advance in academic medicine.

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Medical Society of Virginia.

CREDITS

Carilion Clinic's CME Program is accredited by the Medical Society of Virginia to Provide continuing medical education for physicians.

Carilion Clinic's CME Program designates this educational activity for a maximum of 14.25 AMA PRA Category 1 Credits™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

POLICY ON SPEAKER AND PROVIDER DISCLOSURE

Carilion Clinic's CME Program requires that speakers and providers disclose real or apparent conflicts of interest relating to the topics of the educational activity. Carilion Clinic's CME Program has established policies in place that will identify and resolve all conflicts of interest prior to the educational activity. Detailed disclosures will be listed in the conference syllabus.

Friday, October 16

- 1:00 P.M. **Registration and Welcome**
- 1:30 P.M. **The Evolving Journey: Making a Pitstop for Rest, Reflection and Renewal**
Gail Reilly, M.D.
Consultant, Physician Renaissance Network
Freehold, NJ
- 2:30 P.M. **Fearless! Leap From Your Safe “Medical Career” Nest...& Fly!**
Patricia Raymond, M.D, F.A.C.G., F.A.C.P.
Gastroenterologist, Total Endoscopic Health and Prevention
Founder and President, Rx for Sanity
Chesapeake, VA
- 3:30 P.M. **Break**
Breakouts
- 4:00 P.M. **A. Negotiating Contracts: Making the Most of Your Opportunities**
Elizabeth Rocovich Cline, J.D., Ph.D.
Moss and Rocovich
Roanoke, VA
- B. Managing Detours: Getting Back on Track After Personal or Professional Setbacks**
Carol M. Gilbert, M.D.
Medical Director of Emergency Services and Disaster Management
Carilion Clinic
- 5:15 P.M. Adjourn
- 6:30 P.M. **Reception**
Taubman Museum of Art Boardroom (The Galleries will be open for tours)

Saturday, October 17

- 7:00 A.M. Registration and Continental Breakfast
- 8:00 A.M. **Leading Through Changing Times**
Barbara Schuster, M.D.
Dean of the Athens Campus
University of Georgia
Athens, GA
- 9:00 A.M. **Can You Hear Me Now? Communicating Effectively with Men**
Mark H. Greenawald, M.D.
Medical Director Office of Professional Development
Carilion Clinic
- 10:00 A.M. Break
Breakouts
- 10:30 A.M. **A. Can You Hear Me Now?...Getting Personal**
Mark H. Greenawald, M.D.
- B. Juggling Hats: Managing Multi-Roles of Female Physicians**
Barbara Schuster, M.D.
- 11:45 A.M. Lunch
- 12:45 P.M. **Health, Hormones and Vanity: Hot topics in Women’s Health**
Tarin Schmidt-Dalton, M.D.
Assistant Director, Family Medicine Residency Program
Carilion Clinic
- Mary Gayle Sweet, M.D.**
Assistant Director, Family Medicine Residency Program
Carilion Clinic

Breakouts

- 2:00 P.M. **A. Motherhood and Medicine: A Conversation About What Works**
Tarin Schmidt-Dalton, M.D.
Mary Gayle Sweet, M.D.
- B. Embrace the Tiger: How to Enjoy Difficult Conversations with Staff and Patients**
Patricia Raymond, M.D, F.A.C.G., F.A.C.P.
- 3:15 P.M. **Break**
Breakouts
- 3:45 P.M. **A. Women in Academic Medicine: What They Do and How They Got There (Panel Discussion)**
Jeri L. Lantz, M.D. – Facilitator
- B. Effectively Communicating with Administrators: A Two Way Street**
Nancy Howell Agee
Chief Operating Officer/Executive Vice President
Carilion Clinic
- C. Mindfulness in Medicine: A Book Study**
Joanne Greenawald, M.D.
Founder and President, Emergo Institute
Roanoke, VA
- 5:00 P.M. Adjourn

Sunday, October 18

- 7:00 A.M. Registration and Continental Breakfast
- 8:00 A.M. **Finding Your Voice: Effectively Advocating Your Cause**
Donna E. Sweet, M.D.
Director, Internal Medicine
Via Christi Regional Medical Center, St. Francis Campus
Wichita, KS
- Breakouts**
- 9:15 A.M. **A. Politics as A Skill Set**
Cynda A. Johnson, M.D., M.B.A.
President and Dean
Virginia Tech Carilion School of Medicine
- Terri Workman, J.D., M.B.A.**
Senior Associate Dean for Operations
Virginia Tech Carilion School of Medicine
- B. The Medical Marriage: Living with a Doctor in the House**
Wayne M. Sotile, Ph.D.
Sotile Psychological Associates, and Real Talk
Author of “The Medical Marriage”
- 10:30 A.M. Break
- 10:45 A.M. **The Resilient Physician**
Wayne M. Sotile, Ph.D.
Author of “The Resilient Physician,” “Letting Go of What’s Holding You Back”, and Maximizing Your Happiness, Work, Love and Life”.
- 11:45 A.M. **The Road Ahead: Tools for the Continuing Journey**
Patrice Weiss, M.D.
Vice Chair, Department of OB/GYN
Carilion Clinic
- 12:30 P.M. Adjourn - Evaluation

SPECIAL OFFERS

Personal coaching sessions for participants will be available free of charge on a first come first served basis.

Free exercise sessions will be offered to participants.

Participants' spouses are invited to attend "The Medical Marriage" presented by Wayne M. Sotile, PhD on Sunday at 9:05 a.m. free of charge. Credit will be awarded to participants physician spouses attending the session upon completion of an evaluation form. The forms will be available at the registration desk.

ACCOMMODATIONS

The Hotel Roanoke & Conference Center

A block of rooms has been reserved at \$139/night for Single; \$159/night for Double, exclusive of taxes. You may book on-line at <http://doubletree.hilton.com/en/dt/groups/personalized/ROASWDT-WIM-20081023/index.jhtml> or call the hotel directly and ask for the reservation desk at 540-985-5900, or call 1-800-222-TREE (Reference Carilion Women in Medicine Conference).

The historic Hotel Roanoke & Conference Center is situated alongside downtown Roanoke in the heart of Virginia's Blue Ridge Mountains, just minutes from Roanoke Regional Airport.

Built in 1882, the beautifully restored Tudor-style Hotel Roanoke is proudly listed on the National Register of Historic Places. As a member of the International Association of Conference Centers, Hotel Roanoke is pleased to offer world-class lodging, facilities, including newly renovated guest rooms and state-of-the-art conference space. Dine in an award-winning Roanoke restaurant, The Regency Dining Room, delicious hotel breakfasts and luncheon buffets, sophisticated dinners, wine selections, and the finest Sunday Brunch in the Roanoke Valley. For a more casual atmosphere, the Hotel Roanoke Pine Room Pub features a warm ambiance.

Relax, restore, refresh and rejuvenate at the hotel Spa (Massage, Heated Stone Massage, Facial, Manicure, Pedicure and more). All services are available in your room as well as in the spa (540-853-8295).

The Roanoke Valley boasts a wide variety of golf and tennis facilities, as well as great outdoor recreation with hiking, biking, boating and fishing in the surrounding Blue Ridge Mountains. Those who would like to adventure closer to the hotel, can head downtown for its galleries, shops and the famous Roanoke Farmer's Market, which offers the best in cultural arts and culinary specialties.

CANCELLATION

If you cancel your participation in the conference, your registration fee, less a \$100 administrative fee, will be refunded when written notification is received by the Carilion Clinic's CME Program on or before October 10, 2009. No charge for Carilion physicians or mid-level providers, however, the cancellation statement does apply.

Participants (including Carilion employees) who do not cancel and do not attend will be responsible for the fee indicated on the registration form.

AMERICANS WITH DISABILITIES ACT

Carilion Clinic's CME Program fully complies with the legal requirements of the ADA and the rules and regulations thereof.

Please notify us if you have any special needs at 540-981-8830 or scurtiss@carilion.com.

LOCATION / TRAVEL INFORMATION

The Hotel Roanoke & Conference Center is located at 110 Shenandoah Avenue, Roanoke, VA 24016

Roanoke Regional Airport is located 4.7 miles from the hotel. The hotel provides shuttle service to and from the airport.

Airlines to choose from to plan an itinerary that fits your time schedule at Roanoke Regional Airport:

Delta Connection	800-282-3424
Allegiant Air	702-505-8888
Northwest Airlin	800-225-2525
United Express	800-864-8331
US Airways	800-428-4322

REGISTRATION

Women in Medicine – October 16-18, 2009

First Name _____ MI _____ Last Name _____ Title _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____ Ext. _____ Fax Number _____

Affiliation _____ Specialty _____

E-mail address if you would like your confirmation e-mailed _____

I would like my confirmation: (which method you would prefer) ___ E-mailed ___ Faxed ___ US Mail
Confirmation will be sent by the method you select. If you have not received a confirmation within a reasonable amount of time, contact Susan Curtiss at 540-981-8830 or e-mail scurtiss@carilion.com.

If you bring a colleague; share in a 10% discount for you and your colleague
If you bring two or more colleagues; share in a 15% discount for you and your colleagues

Registration Fee for Physicians & Mid-level Providers **by** 10/02/09 ___\$595 (includes breaks, *meals & syllabus)
 Registration Fee for Residents & students **by** 10/02/09 ___\$400 (includes breaks, *meals & syllabus)
 Registration Fee for Physicians & Mid-level Providers **after** 10/02/09 ___\$625 (includes breaks, *meals & syllabus)
 Registration Fee for Residents & students **after** 10/02/09 ___\$425 (includes breaks, *meals & syllabus)

A participant list is included in the syllabus; do we have your permission to include your information (name, specialty, address and e-mail)? ___ Yes ___ No ___ Other (just name and address only or just name and e-mail, etc.)

You will be given a name badge at registration, please wear at all times during the conference functions. Please indicate how you wish your name to appear on your badge. Mary Smith M.D. _____
 Surgeon _____
 Feel Good Hospital _____
 Virginia _____

A reception will be held at the Taubman Museum of Art on Friday night, October 16, please if you plan to attend.
 ___ I will attend the reception Friday night ___ I will not attend the reception Friday night
 ___ Number of guests I will bring Friday night
 Please ___ if you are a Carilion Clinic Employee

Payment Options: (which method you would prefer)
 ___ **Check (Payable to Carilion Medical Center – Tax ID 54-0506332) and mail to:**
 Carilion Clinic’s CME Program
 ATTENTION: Susan Curtiss
 2001 Crystal Spring Avenue, Suite 202
 Roanoke, VA 24014

___ **Credit Card (VISA only) Card Number** _____ **Exp. Date** ___/___/___ **Security Code** _____

Do you have a special need: ___ Vegetarian ___ Wheelchair ___ Other _____

Breakout Sessions; please which sessions you will attend.

Friday @ 4:00 p.m.	___ Negotiating Contracts	OR	___ Managing Detours
Saturday @ 10:30 a.m	___ Can You Hear Me Now?	OR	___ Juggling Hats
Saturday @ 2:00 p.m	___ Motherhood and Medicine	OR	___ Embrace the Tiger
Saturday @ 3:45 p.m	___ Women in Academic Medicine	OR	___ Effectively Communicating with Administrators
	OR		___ Mindfulness in Medicine: A Book Study (Purchase and read <i>Moment by Moment, The Art and Practice of Mindfulness</i> by Jerry Braza, Ph.D. so we may discuss together)
Sunday @ 9:15 a.m.	___ Politics as a Skill Set	OR	___ The Medical Marriage