

CONFERENCE FACULTY

Patty Bundy, Ph.D.

Licensed Professional Counselor

Associate Director, Family Medicine • Licensed Marriage and Family Therapist • Roanoke, VA

Dr. Bundy has been in private practice in Roanoke for 25 years as a Marriage and Family Therapist. Medical marriages and family issues have been a focus of Dr. Bundy's work. She has also had years of personal experience with the practical (and challenging!) aspects of multiple roles as wife, mother and therapist.

Alexa Canady, M.D.

Pediatric Neurosurgery

Sacred Heart Medical Group • Pensacola, FL

Dr. Canady was the first African-American woman in the United States to become a neurosurgeon. She has served as consultant to the Food and Drug Administration and chairman of the Neurological Devices Panel of the FDA's Medical Devices Advisory Committee. From 1987 to 2001, she was chief of neurosurgery at Children's Hospital in Michigan.

Christy Cone, M.D.

Family Medicine

AesthetiSpa Cosmetic Skin and Laser Center • Mount Pleasant, SC

Dr. Cone practiced family medicine for five years in a group setting. In November 2004, she and her husband started the AesthetiSpa Cosmetic Skin and Laser Center. Now Dr. Cone focuses on non-surgical aesthetic services and volunteers her family medicine skills at a local free medical clinic.

Sarah Corley, M.D., F.A.C.P.

Internal Medicine

Chief Medical Officer, Nextgen Healthcare Systems • McLean, VA

Dr. Corley practices general internal medicine. She has served as Governor of the Virginia Chapter of the American College of Physicians, is a member of their national Medical Informatics Subcommittee, and represents the ACP on the Physicians Electric Health Record Coalition. She has received significant recognition for her work with electronic medical records teaching many courses at national meetings.

Janet Crawford, M.B.A., M.H.A., P.C.C.

Professional Certified Coach

Extra Ordinary Living • Roanoke, VA

Ms. Crawford is a professional certified coach and principal owner of Extra Ordinary Living. Struggling with the complexities and effectiveness of the health care industry, in 2004 Janet left behind her career as a hospital administrator, forging a new one as a coach, motivational speaker and author. Janet's passion is working with healthcare professionals, believing that when professionals are truly living a fulfilled life, based on their own standards, the service and care they provide is optimized.

Faith Fitzgerald, M.D.

Internal Medicine

Professor in the Department of Internal Medicine and Assistant • Dean of Student Affairs

California Davis School of Medicine • Sacramento, CA

Dr. Fitzgerald has received numerous local and national teaching awards. Often referred to as a medical Sherlock Holmes, she is nationally recognized for her diagnostic skills. Dr. Fitzgerald is a well-published author, a frequently solicited speaker, and is dedicated to cultivating the next generation of physicians.

Carol Gilbert, M.D.

Trauma Surgery

Medical Director, Emergency and Disaster Preparedness, Carilion Clinic • Roanoke, VA

Associate Professor of Surgery, University of Virginia • Charlottesville, VA

Dr. Gilbert completed a fellowship in Critical Care and Trauma at Maryland Institute of Emergency Medical Services. In the past she served as the director of the Level I Trauma Service at Carilion Clinic and State EMS Medical Director. She is currently Medical Director of EMS and Disaster Management.

Joanne Greenawald, M.D.

Psychiatry

Emergo Institute, Founder and President • Roanoke, VA

Dr. Greenawald is a board certified psychiatrist additionally trained in Child and Adolescent Psychiatry. In 2005 she left traditional practice to start the Emergo Institute, a learning institute for adults focusing on introspection and personal growth. She has a special interest in physician well-being and the unique stresses on women physicians. She is married to a Family Practitioner and has three children.

Mark Greenawald, M.D.

Family Medicine

Physician Development, Carilion Clinic • Education Director, Carilion Family

Medicine Residency Program, Carilion Clinic • Roanoke, VA

Associate Professor, Family Medicine, University of Virginia • Charlottesville, VA and

Edward Via Virginia College of Osteopathic Medicine • Blacksburg, VA

Dr. Greenawald is a graduate of Corporate Coach University International and is certified as a Corporate and Executive Coach. Mark is on the faculty of the American Academy of Family Physicians Chief Resident Leadership Development Program, where he facilitates workshops in negotiation, feedback, coaching, emotional intelligence, and advanced communication skills.

Terry Norton, M.C.C.

Master Certified Coach

President of Coach for Life • Studio City, CA

Ms. Norton is a Master Certified Executive Life Coach trained at Coach U. Terry works with physicians of many specialties towards creating a more fulfilling career and personal life. Terry is dedicated to assisting professionals to live their lives more authentically and with passion.

Patricia Raymond, M.D., F.A.C.G., F.A.C.P.

Gastroenterology

Total Endoscopic Health and Prevention • Rx for Sanity, Founder and President • Chesapeake, VA

Dr. Raymond is a private practice gastroenterologist with a sense of humor that helps us all to keep our medical careers in perspective. She is the author of *Don't Jettison Medicine* and *Colonoscopy: It'll Crack U Up*, and also hosts *Housecalls*, a popular regional NPR medical talk show.

Gail Reilly, M.D.

Family Medicine • Freehold, NJ

Dr. Reilly is a board certified Family Practitioner who has practiced in civilian and military settings (including on board the USS *Santa Barbara* during Operation Desert Storm). She has a special clinical interest in Women's Health issues and is helping women physicians find their own path in medicine. She is married and has three children.

Elizabeth Rocovich, J.D., Ph.D.

Attorney

Moss and Rocovich • Roanoke, VA

Dr. Rocovich practices law in the areas of business law, tax, trust and estates. She serves as counsel to a number of physicians, including her mother, who is an emergency department physician. She lectures at Edward Via Virginia College of Osteopathic Medicine.

Sara Shumway, M.D.

Cardiovascular and Thoracic Surgery

Professor, Cardiovascular and Thoracic Surgery • Minneapolis, MN

Dr. Shumway is recognized as being on the cutting edge of her field with numerous publications, national presentations and national committee appointments. She is the Surgery Director of Heart Transplantation and serves as advisor for many medical students and residents and is a mentor for all surgical house staff at the PGY-2 and PGY-3 levels.

Hilda Templeton, M.D.

Psychiatry

Pfizer Pharmaceuticals • Roanoke, VA

Dr. Templeton practiced psychiatry for 22 years with special interest in antepartum and postpartum diagnoses. She has served as Chairman of the Department of Psychiatry at St. Barnabas Medical Center in Livingston, NJ. Currently she serves as Medical Director for Pfizer Pharmaceuticals.

Eve Wood, M.D.

Psychiatry

Clinical Associate Professor of Medicine • Program in Integrative Medicine

University of Arizona School of Medicine • Tucson, AZ

Dr. Wood is a pioneer in the field of Integrative Psychiatry, the author of *There's Always Help: There's Always Hope, 10 Steps to Take Charge of Your Emotional Life* and the Stop Anxiety Now kit. She's a feature columnist for *Message Therapy Journal*, and host of a weekly call-in radio show on Hay House Radio.

Credits

This activity has been planned and implemented in accordance with the Essential Areas and Policies of The Medical Society of Virginia. Carilion Health System CME Program is accredited by The Medical Society of Virginia to provide continuing medical education for physicians. Carilion Health System CME Program designates this educational activity for a maximum of 15 **AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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Continuing Medical Education
P.O. Box 13367
Roanoke, Virginia 24033-3367

RETURN SERVICE REQUESTED

Planning Committee

Joanne Greenawald, M.D., (Psychiatry) Co-chair

Jeri Lantz, M.D., (Internal Medicine and Pediatrics) Co-chair

Mary Beth Sweet, M.D. (Family Medicine) Co-chair

Renee Beirne, M.D. (Internal Medicine)

Paul Dallas, M.D. (Internal Medicine and Director, Continuing Medical Education)

Catherine Daniel, M.D. (Rheumatology)

Roxanne Davenport, M.D. (Surgery)

Carol Gilbert, M.D. (Surgery)

Marie Malinchak, M.D. (Family Medicine)

Linda Wells (Manager, Continuing Medical Education)

Location/Area Attractions

Take this opportunity to feed your mind, body and desire for fun and relaxation in Williamsburg, Virginia and surrounding areas. Combine a fantastic family vacation and continuing medical education. Bring the family and enjoy Williamsburg (the Colonial Capital of Virginia) and Jamestown (400th Anniversary of the first permanent English Settlement in North America) where there is something for everyone: history, education, golfing, amusement parks, shopping, museums and so much more. Travel down to Virginia Beach and bask in the sun, walk on the boardwalk or stroll on the beach. Go up to Washington, DC and visit all the Smithsonian Institution Museums, the White House, The Capitol, and many more interesting and exciting features in our nation's capital.

Lodging

A block of rooms has been reserved at the Williamsburg Marriott at a special rate of \$149 per night, plus tax. Call the hotel directly at 757-259-5693 and ask for Mary Woodhouse or Vicki Izzo. The rate will be good for rooms 3 days before (June 15) and 3 days after (July 1) the conference. Make reservations early; cut-off for room reservations at the special rate is June 23, 2007 and there are a limited number of rooms.

Airports/Ground Transportation

There are two airports that service the Williamsburg area:

Newport News/Williamsburg International Airport, Richmond International Airport.

The Marriott does not provide a shuttle; however, it has an arrangement with The Yellow Cab of Williamsburg for a special rate: contact Jose @ 757-561-5990 48 hours prior to arrival and provide airline and flight number to arrange a pick-up. Rates: Newport News \$30.00/Richmond \$65.00

Women in Medicine: The Evolving Journey “Practical Tools for Thriving Professionally and Personally”



Purpose:

Our speakers will serve as mentors by:

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

**Williamsburg Marriott
Williamsburg, VA
July 27-29, 2007**

CARILION
FINDING BETTER WAYS

Women in Medicine: The Evolving Journey

Practical Tools for Thriving Professionally and Personally

Join us for this unique conference developed for women physicians of all specialties from across the US. The goal of this conference will be to impart “practical tools” that can be used to improve practices and enhance personal lives. In addition, attendees will be encouraged to clarify and create their own unique path in medicine.

Agenda

Friday, July 27

3:00 p.m.	Registration	6:00 p.m.	Family Pasta Bar
3:30 p.m.	Pre-Conference Workshop Create the Life you Love <i>Terry Norton, M.C.C.</i>	7:00 p.m.	OPENING PLENARY SESSION The Evolving Journey: Sharing Our Stories <i>Alexa Canady, M.D.</i>
5:20 p.m.	Questions and Discussion	7:50 p.m.	Questions and Discussion
5:30 p.m.	Adjourn	8:00 p.m.	Adjourn

Saturday, July 28

7:30 a.m.	Registration	1:00 p.m.	Rx for Sanity with <i>Patricia Raymond, M.D.</i>
8:00 a.m.	PLENARY SESSIONS Lessons Learned While Paving the Way: An Educator’s Perspective <i>Faith Fitzgerald, M.D.</i>	1:20 p.m.	Questions and Discussion
8:50 a.m.	Questions and Discussion	1:30 p.m.	PLENARY SESSION Living on the Leading Edge: Thriving at an Intensive Pace <i>Sara Shumway, M.D.</i>
9:00 a.m.	Healing the Whole Person: An Integrative Psychiatrist’s Approach <i>Eve Wood, M.D.</i>	2:20 p.m.	Questions and Discussion
9:50 a.m.	Questions and Discussion	2:30 p.m.	BREAKOUT SESSIONS Getting Back on Track After Personal or Professional Setbacks <i>Carol Gilbert, M.D.</i>
10:00 a.m.	Break		
10:30 a.m.	BREAKOUT SESSIONS Keeping Up: Embracing the Computer Age <i>Sarah Corley, M.D.</i>		Understanding Ourselves and Others: Enhancing Effective Communication Part II <i>Janet Crawford, M.B.A., M.H.A., P.C.C.</i>
	Emotional Wellness: Overcoming the Unique Stress of Women Physicians <i>Joanne Greenawald, M.D.</i>	3:20 p.m.	Questions and Discussion
11:20 a.m.	Questions and Discussion	3:30 p.m.	Liked or In Charge: Effectively Managing Your Staff - Part I <i>Patricia Raymond, M.D.</i>
11:30 a.m.	Negotiating Contracts: Making the Most of Your Opportunities <i>Elizabeth Rocovich, J.D., Ph.D.</i>		Embracing Difficult Conversations: Beyond Fight, Freeze or Flee - Part I <i>Mark Greenawald, M.D.</i>
	Understanding Ourselves and Others: Enhancing Effective Communication Part I <i>Janet Crawford, M.B.A., M.H.A., P.C.C.</i>	4:20 p.m.	Questions and Discussion
		4:30 p.m.	Break
		5:00 p.m.	Liked or In Charge: Effectively Managing Your Staff - Part II <i>Patricia Raymond, M.D.</i>
			Embracing Difficult Conversations: Beyond Fight, Freeze or Flee - Part II <i>Mark Greenawald, M.D.</i>
12:20 p.m.	Questions and Discussion		
12:30 p.m.	Lunch		

Agenda continued

Sunday, July 29

7:30 a.m.	Registration	10:00 a.m.	BREAKOUT SESSIONS Avoiding Burnout: Maintaining the Motivation <i>Janet Crawford, M.B.A., M.H.A., P.C.C.</i>
8:00 a.m.	PLENARY SESSION Off the Beaten Path: Creative Uses Of Your Medical Degree <i>Gail Reilly, M.D.</i>		Preventing Crisis in Your Marriage and Family: Keeping the Homefront Healthy <i>Patty Bundy, Ed.D.</i>
9:20 a.m.	Questions and Discussion		
9:30 a.m.	Break		
9:45 a.m.	Panel Discussion featuring women physicians with alternative careers such as pharmaceuticals, aesthetics, speaking and medical writing. Moderator: <i>Gail Reilly, M.D.</i>	11:05 a.m.	Questions and Discussion
	<i>Christy Cone, M.D.</i> <i>Cynthia Morrow, M.D.</i> <i>Patricia Raymond, M.D.</i> <i>Hilda Templeton, M.D.</i>	11:30 a.m.	CLOSING PLENARY SESSION Charting Your Personal Path to Fulfillment <i>Eve Wood, M.D.</i>
		12:20 p.m.	Questions and Discussion
		12:30 p.m.	Adjourn

SPECIAL OFFERS

“SHARE YOUR STORY”: Inspiration for the next generation of female physicians... Your story and wisdom can lend encouragement and inspiration to current colleagues and the many women in medicine to come. During the conference, veteran broadcast journalist and former White House correspondent, Lee Ann Necessary Brownlee, will be on site to interview us: today’s women in medicine, with hopes of collating and publishing our stories. Lee Ann Necessary Brownlee received her bachelor’s in journalism from the University of North Carolina at Chapel Hill. She has reported and anchored the news in Bristol, VA, Roanoke, VA and in Washington, DC and Capitol Hill correspondent. She is currently a freelance journalist and mother of two in Roanoke, VA.

PRIVATE CAREER COACHING SESSIONS: Our two life coaches, Terry and Janet, will be offering a limited number of private sessions free of charge. Signup for these sessions will be on a first-come, first-served basis at registration.

BODYFLOW™: is the Yoga and Tai Chi and Pilates workout that leaves you feeling long, strong, centered and calm. It’s your personal time from the stress and strains of daily life. Classes will be available free of charge Saturday 7:30 – 8:30 p.m. and Sunday 6:30 -7:30 a.m. This 55-minute group exercise-to-music class will be led by Gale Eubank, a certified BODYFLOW™ Instructor. All sessions will be on a first-come, first-served basis at registration.

Disclosures

As a provider accredited by The Medical Society of Virginia, Carilion Health System CME Program must ensure balance, independence, objectivity and scientific rigor in its educational activities. Planning committee members, faculty and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Disclosure of this information will be published in course materials so those participants may formulate their own judgments regarding the presentations.

Objectives

At the end of this conference, women physicians should be able to:

- * Assess current roles, work-personal life balance.
- * Apply tools that help to prioritize roles and goals.
- * Set goals for gaining and sustaining improved balance.
- * Discuss tools that enhance active, life-long learning.
- * Impart practical ways of mentoring other physicians.
- * Define integrative medicine.
- * Describe a 10-step model of emotional healing.
- * Apply the 10-step model for improved care of patients and self.
- * Discuss the most practical “can’t do without” devices for today’s physicians.
- * Examine practical tools/websites for getting/keeping up to date with computers/electronics.
- * Recognize “wellness” – what is it and do I have it?
- * Name the tools that help improve wellness for you and your patient.
- * List common pitfalls for women in negotiating contracts.
- * Name the tools that allow effective planning before negotiations.
- * Discuss effective negotiating techniques.
- * Review legal implications of common contractual clauses.
- * Review issues leading to peak career stress.
- * Identify resources for successfully navigating stormy waters of career disruption.
- * Apply a personality inventory (DISC).
- * Explore outcomes of a personality inventory and recognize resultant patterns of relationships and decision making in personal and professional life.
- * Name the tools that help to use insights to more effectively interface with others in work/personal environments.
- * Identify key aspects of life on the leading edge.
- * Name ways to maintain the motivation while maintaining the intensive pace.
- * Recite wisdom gained by a woman on the forefront of a medical field.
- * Assess your management style and situation.
- * Recognize common dynamics of women in supervisory situations.
- * Name the practical tools for effective management of your office team.
- * Identify common “difficult conversations” we often have in work or home situations.
- * Relate practical information, pros/cons for different careers.
- * Give practical resources for further exploring different career paths.
- * Identify common “crises.”
- * Identify warning signs of pending crisis.
- * Name the practical tools for identification and proactive dissipation of crisis.
- * Recognize that success is defined in many ways.
- * Develop a personal definition of success.
- * Name the different tools gained in this conference that will assist the learner in charting her personal path to success.

Registration

Women in Medicine

July 27-29, 2007

First Name	MI	Last Name
<input type="text"/>	<input type="text"/>	<input type="text"/>
Address		
<input type="text"/>		
City	State	Zip
<input type="text"/>	<input type="text"/>	<input type="text"/>
Phone Number	Fax Number	
<input type="text"/>	<input type="text"/>	
Affiliation		
<input type="text"/>		
Please provide your e-mail address for registration confirmation.		
<input type="text"/>		

Please ✓ ___ if you are a Carilion Employee
Registration Deadline: Monday, July 16, 2007

Registration Fees for Physicians by 7/16//07 ___\$495 (includes breaks, meals and syllabus)
Registration Fees for Residents/Student by 7/16/07 ___\$300 (includes breaks, meals and syllabus)
Registration Fees for Physicians after 7/16/07 ___\$545 (includes breaks, meals and syllabus)
Registration Fees for Residents/Students after 7/16//07 ___\$350 (includes breaks, meals and syllabus)

CANCELLATION: If you cancel your participation in this conference, your registration fee, less a \$100 administrative fee, will be refunded when written notification is received by CHS CME Office on or before July 17, 2007. There is no charge for Carilion physicians; however, the cancellation statement does apply. Participants (including Carilion employees) who do not cancel and do not attend will be responsible for the fees indicated on the registration form.

PRE-CONFERENCE WORKSHOP:

___I will attend the workshop

FRIDAY NIGHT PASTA DINNER:

___Please indicate the total number who will be attending the Pasta Dinner Friday Night.

BREAKOUT SESSION SELECTION These sessions will be filled on a first-come, first-served basis.

Please indicate which session you will attend:

Saturday 10:30 AM ___Embracing Computer Age OR ___Emotional Wellness
Saturday 11:30 AM ___Negotiating Contracts OR ___Enhancing Effective Communication (I)
Saturday 2:30 PM ___Getting Back on Track OR ___Enhancing Effective Communication (II)
Saturday 3:30 PM ___Liked or in Charge (I) OR ___Difficult Conversations (I)
Saturday 5:00 PM ___Liked or in Charge (II) OR ___Difficult Conversations (II)
Sunday 9:45 AM ___Avoiding Burnout OR ___Preventing Crisis

Some of the topics are suited to spouses, and we would like to invite them to attend a few of the plenary sessions free of charge on a first-come, first-served basis. If your spouse is a physician he will be awarded the applicable credits for the session(s) he attends. The following plenary sessions will be open (space available), please ✓ sessions your spouse will attend and if children’s activities are required. (Syllabuses will be available to women physician participants only).

___The Evolving Journey – Sharing Our Stories (1 Credit)
___Understanding Ourselves and Others – Enhancing Effective Communication (I& II) (2 Credits)
___Embracing Difficult Conversations Beyond Fight, Freeze or Flee (I & II) (2 Credits)
___Preventing Crisis in Our Marriage and Family- Keeping the Homefront Healthy (1.5 Credits)

TOTAL SUBMITTED: \$_____. If you are not a Carilion Employee, please make check payable to Carilion Medical Center. Mail the registration form and check (if applicable) to:

Office of Continuing Medical Education
ATTENTION: Susan Curtiss
2001 Crystal Spring Avenue, Suite 202
Roanoke, VA 24014

Additional Information:

Call the Carilion Health System CME Office at 540-981-8830 if you have questions.