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 year’s 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!”
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

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"

10:45 A.M. The Resilient Physician
Wayne M. Sotile, Ph.D.

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 Airlink 800-225-2525
- United Express 800-864-8331
- US Airways 800-428-4322
REGISTRATION
Women in Medicine – October 16-18, 2009

<table>
<thead>
<tr>
<th>First Name</th>
<th>MI</th>
<th>Last Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Ext.</th>
<th>Fax Number</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Affiliation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Specialty</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E-mail address if you would like your confirmation e-mailed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Registration Fee for Physicians &amp; Mid-level Providers</th>
<th>by 10/02/09</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Fee for Physicians &amp; Mid-level Providers</td>
<td>___$595 (includes breaks, *meals &amp; syllabus)</td>
</tr>
<tr>
<td>Registration Fee for Residents &amp; students</td>
<td>___$400 (includes breaks, *meals &amp; syllabus)</td>
</tr>
<tr>
<td>Registration Fee for Residents &amp; students after</td>
<td>___$425 (includes breaks, *meals &amp; syllabus)</td>
</tr>
<tr>
<td>Registration Fee for Physicians &amp; Mid-level Providers</td>
<td>___$625 (includes breaks, *meals &amp; syllabus)</td>
</tr>
</tbody>
</table>

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 __/____ SecurityCode________

Do you have a special need:  ___Vegetarian  ___Wheelchair ___Other_________________________________

Breakout Sessions; please ✓ which sessions you will attend.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Session 1</th>
<th>OR</th>
<th>Session 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday</td>
<td>4:00 p.m.</td>
<td>__Negotiating Contracts</td>
<td>OR</td>
<td>__Managing Detours</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:30 a.m.</td>
<td>__Can You Hear Me Now?</td>
<td>OR</td>
<td>__Juggling Hats</td>
</tr>
<tr>
<td>Saturday</td>
<td>2:00 p.m.</td>
<td>__Motherhood and Medicine</td>
<td>OR</td>
<td>__Embrace the Tiger</td>
</tr>
<tr>
<td>Saturday</td>
<td>3:45 p.m.</td>
<td>__Women in Academic Medicine</td>
<td>OR</td>
<td>__Effectively Communicating with Administrators</td>
</tr>
<tr>
<td></td>
<td></td>
<td>OR __Mindfulness in Medicine: A Book Study</td>
<td></td>
<td>(Purchase and read Moment by Moment, The Art and Practice of Mindfulness by Jerry Braza, Ph.D. so we may discuss together)</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:15 a.m.</td>
<td>__Politics as a Skill Set</td>
<td>OR</td>
<td>__The Medical Marriage</td>
</tr>
</tbody>
</table>