



Presents

The Physician Forum Series

Emotional Intelligence: Understanding and Using Emotions

The term “emotional intelligence” – is widely used – but not necessarily widely understood. This presentation provides a solid understanding of the concept of “emotions” and “emotional intelligence.” The primary focus of the presentation however, is on how exercising emotional intelligence can help physicians improve the quality of their interactions with patients and how it can enhance their own emotional well-being.

Duration: 1 hr.

When Things Get Tense: Conversations that Can Resolve Conflict

Differences, tensions, and conflicts are inevitable...even necessary. But that doesn't mean that it is easy or pleasurable when things get tense. Successful resolution of these tensions requires utilization of three interdependent skills – Self Management, Relationship Building, and Conflict Resolution. This presentation provides a foundation for understanding these skills and some practical applications for the situations physicians face on their day to day.

Duration: 1 hr.

Physician Lifestyle Balancing: Prevent BURNOUT

For any number of reasons, physicians are at a high risk of burnout. From the earliest days of medical school, residency training, and clinical practice, physicians are encouraged by nearly every aspect of the medical culture to create lifestyles that are perfect incubators for BURNOUT. This program will address the forces that work against physician's health and balance and it will offer some practical strategies proven by physicians to help regain and maintain a balanced lifestyle while practicing medicine.

Duration: 1 hr.



Burt Bertram, Ed.D., LMHC, LMFT

Counselor, organization consultant, professor, and author, Dr. Burt Bertram has been in practice in the Orlando area since 1972. His professional efforts focus on assisting individuals, couples, families and workgroups to productively identify, understand and address the issues that are influencing or shaping their lives. Burt has conducted over 1000 personal and professional development seminars and workshops. Physician Support Services is pleased to have Dr. Bertram as a partner.

To discuss availability or schedule a program
please contact Physician Support Services
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