**Wellbeing Workshop, April 14, 2023**

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| **Keynote presentations are 40 minutes, on average.** **For Peer Reviewed Abstract Sessions, each presentation (in order listed) is about 10 minutes.** |
| **“Gratitude: A practice for wellbeing enhancement” by Carlie Nikel, PsyD**Objectives:* Review relevant data regarding the benefits of a gratitude practice on wellbeing
* Identify at least two forms of a gratitude practice that one can incorporate
* Engage in a gratitude practice then construct a strategy for regular use of gratitude

**To view Presentation:**[**https://umkc.box.com/s/cxbh7ljy5d9onewy698s9hxcj9oflzir**](https://umkc.box.com/s/cxbh7ljy5d9onewy698s9hxcj9oflzir)**To view PowerPoint:**[**https://umkc.box.com/s/8a3gcihbdu134gm6cnyeinzz4vboslue**](https://umkc.box.com/s/8a3gcihbdu134gm6cnyeinzz4vboslue) |
| **Peer-Reviewed Abstract Session #1** **(4 abstracts)****To view 4 Presentations below:**[**https://umkc.box.com/s/2gsomud0txl5r8x1r43hh9mpr429qd86**](https://umkc.box.com/s/2gsomud0txl5r8x1r43hh9mpr429qd86) **“Residency Book Club”** by Stacey Algren, MD**To view PowerPoint:**[**https://umkc.box.com/s/jx69sv69mltvye959nnqkd6qynuwd02r**](https://umkc.box.com/s/jx69sv69mltvye959nnqkd6qynuwd02r)**“Emergency Medicine Wellness Curriculum”** by Srikala Subramanian, MD; Terra Matthews, DO; Clinton Nelson, DO; James O’Brien, MD**To view PowerPoint:**[**https://umkc.box.com/s/4c13rwe4mv0us62a0goyecy7zihxa784**](https://umkc.box.com/s/4c13rwe4mv0us62a0goyecy7zihxa784)**“Resident-run Wellness Committee to Foster Resident Wellness: Empowering Residents as Change Agents”** by Kavita Jadhav, MD; Ain Ejaz, MD; Johana Mejias-Beck, MD; Vinay Jahagirdar, MD; Noor Hassan, MD; Rawan Rajab, MD; Fouad Jaber, MD; Ifrah Fatima, MD; Ujjwal Madan, MD; Jason Egberuare, MD; Roopesh Jakulla, MD; Saqr Alsakarneh, MD; Brie East; David Wooldridge, MD.**To view PowerPoint:**[**https://umkc.box.com/s/iklh6lg0l0aftezsw45orqhyyi4wprsq**](https://umkc.box.com/s/iklh6lg0l0aftezsw45orqhyyi4wprsq)**“Balancing Experiential and Evidence-based Wellness”** by Timothy Dellenbaugh, MD; Evan McKinnis, MD; Emilia Kaufman, MD**To view PowerPoint:**[**https://umkc.box.com/s/a7dvwl413vl9gwzmt7pwfa1rcl5nsyyh**](https://umkc.box.com/s/a7dvwl413vl9gwzmt7pwfa1rcl5nsyyh) |
| **“How to communicate my needs for win-win outcomes—leveraging principles of nonviolent/compassionate communication” by Geetha Kamath, MD, FACP, DABOM, DABLM**Objectives:* Describe the model of nonviolent (compassionate) communication
* Articulate the relationship between needs and feelings
* Identify a model of conflict resolution for win-win outcomes

**To view Presentation:** [**https://umkc.box.com/s/a7frtp7o3gk9vk8cfumathhtfcva8lm1**](https://umkc.box.com/s/a7frtp7o3gk9vk8cfumathhtfcva8lm1)**To view PowerPoint:**[**https://umkc.box.com/s/y5iaz0f7g8sb34rqgh79qo4ak69xu0f9**](https://umkc.box.com/s/y5iaz0f7g8sb34rqgh79qo4ak69xu0f9)  |
| **Peer-Reviewed Abstract Session #2 (4 abstracts)****To view 4 Presentations below:**[**https://umkc.box.com/s/7uh3vump58ewhnwotrr1aogc2aet3fv6**](https://umkc.box.com/s/7uh3vump58ewhnwotrr1aogc2aet3fv6)**“Learning Environment, Wellness, and Aversion of Burnout Module”** by Angellar Manguvo, PhD**To view PowerPoint:**[**https://umkc.box.com/s/ih2nh0bpnzgw2rw4aqy2j47zw0kona8i**](https://umkc.box.com/s/ih2nh0bpnzgw2rw4aqy2j47zw0kona8i)**“Novel Curriculum Combines Wellness Education with Substance Use Disorder (SUD) Prevention”** by Mary Jeanne Roberts, CAA**To view PowerPoint:**[**https://umkc.box.com/s/ouozly5fsm0n5biz9ztnkp8md5ltkqnt**](https://umkc.box.com/s/ouozly5fsm0n5biz9ztnkp8md5ltkqnt)**“Wellness Through Service: Defining Your Why”** by Stefanie Ellison, MD**To view PowerPoint:**[**https://umkc.box.com/s/ricphmg630tk269fanw19dxffz0sevvx**](https://umkc.box.com/s/ricphmg630tk269fanw19dxffz0sevvx)**“Physician Peer Support”** by Srikala Subramanina, MD; Carlie Nikel, PsyD**To view PowerPoint:**[**https://umkc.box.com/s/rq8hockek0p5nt3zgtjtfkam3kb993xj**](https://umkc.box.com/s/rq8hockek0p5nt3zgtjtfkam3kb993xj) |