

Help me I can't help myself

A Guide to Helping Angry Doctors



NAMA
Los Angeles
September 2016

Coaching for Physicians
The Leader in Specialized Coaching for Healthcare Organizations & Physicians
www.coachingforphysicians.com

A Guide to Helping Angry Doctors

Expand your services into a new growth area

Understand your new client's needs

Learn the tools you need to help angry doctors

What makes doctors unique in anger management?



- Burnout
- Regulations
- Social skills
- Personalities
- Primitive brain

Expand your services into a new growth area

Recognize this perfect wave

Understand the drive for patient safety

Know who wants to mandate anger management

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State of Medicine Today

Addiction, Anger

Burnout

Conjugal Issues

Depression & Suicide

Esteem, Errors & Malpractice

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Understand your new client's needs

Know how to find them

Recognize the personality styles of doctors

Understand the significance of burnout in medicine

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Become an advocate

Modify your anger management approach

Be yourself



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10 tips for physician anger management

teach them to say NO

start shame work late

use reminders but use email

keep homework to minimum

teach breathing but keep it simple

remind them of the anatomy & physiology of anger

use control issues – they are used to being in control

correct faulty thoughts – often rigid

emphasize self-care & burnout-care

begin with a good relationship

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