

# Event Speakers

## **Eleanor Vogt, RPh, PhD**

*Dr. Vogt currently is a Health Sciences Clinical Professor at the University of California San Francisco School of Pharmacy and was awarded the 2004-2005 Presidential Chair. Dr. Vogt served as Senior Fellow at The Institute for the Advancement of Community Pharmacy. She was named Senior Fellow of the National Patient Safety Foundation at the American Medical Association and was a member of the Foundation's pioneer founding team. Dr. Vogt has been recognized nationally for her leadership in safe medication use in older adults by the National University Education Association and by the FDA in developing the precedent setting Pharmaceutical Safe Use Initiative. Dr. Vogt received her B.S. in Pharmacy from Creighton University; an M.Ed. in Adult Education and a Certificate in Human Relations from Boston University; and a Ph.D. in Educational Administration from the University of Wisconsin.*

## **Henry Kahn, MD**

*Dr. Kahn currently is a Clinical Professor of Medicine at UCSF School of Medicine, board-certified in Internal Medicine, and a Certified High-Performance Coach. As a lecturer, educator, and personal development coach, he is focused on effective stress management and resiliency tools and techniques. As a former Director of UCSF Student Health and Counseling Services from January 1997 through June 2011, Dr. Kahn guided the implementation of an electronic medical record system, produced service enhancements including evening clinics, a second clinic at Mission Bay, IUD Placements, a travel clinic for the students who study abroad, dietician counseling, and substance abuse counseling. Dr. Kahn received his M.D. from the UCSF School of Medicine, completed his Internal Medicine Residency at UCSF, and became Chief Medical Resident and UCSF.*

## **James Kuperberg, MBA, PhD**

*Dr. Kuperberg served as the Department Chair of Social, Behavioral and Administrative Sciences, as a member of the College Management committee, and for three years as Chair of the Admission Committee from 2005 until his retirement in 2011. Dr. Kuperberg has been involved in the development of public policy and regulatory strategies from both the private sector and governmental perspective. He was appointed Commissioner by the Governor of Wisconsin and served on the Wisconsin Hospital Rate-Setting Commission for a term which ended in 1987. Dr. Kuperberg served as a Founding Faculty member of the College of Pharmacy at Tauro University – California. Since his retirement, Dr. Kuperber has provided pro-bono consulting to not for profit health care and social service organizations and small business start-ups. Dr. Kuperberg received his Ph.D. in Urban Social Institutions (Health Policy) from the University of Wisconsin – Milwaukee and his MBA from Ohio University.*

# Event Location

North Charleston Marriott  
4770 Goer Drive  
North Charleston, SC 29406

# Lodging Info

## **North Charleston Marriott**

<https://www.marriott.com/hotels/travel/chsmn-north-charleston-marriott/>  
843-747-1900

Link for Group Rate:

[https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=MUSC%20College%20of%20Pharmacy%20Leadership%20Conference%5ECHSMN%60MUSMUSA%7CMUSMUSB%60149.00%60USD%60false%604%602/7/19%602/11/19%601/9/19&app=resvli nk&stop\\_mobi=yes](https://www.marriott.com/meeting-event-hotels/group-corporate-travel/groupCorp.mi?resLinkData=MUSC%20College%20of%20Pharmacy%20Leadership%20Conference%5ECHSMN%60MUSMUSA%7CMUSMUSB%60149.00%60USD%60false%604%602/7/19%602/11/19%601/9/19&app=resvli nk&stop_mobi=yes)  
(877) 688-0051  
Group Code: MUS

## **Crowne Plaza**

<https://www.ihg.com/crowneplaza/hotels/us/en/north-charleston/chssc/hoteldetail>  
843-744-4422

## **Courtyard by Marriott**

<https://www.marriott.com/hotels/travel/chscn-courtyard-north-charleston-airport-coliseum/>  
843-747-9122

## **Hampton Inn & Suites**

<http://hamptoninn3.hilton.com/en/hotels/south-carolina/hampton-inn-and-suites-charleston-airport-CHSAPHX/index.html>  
843-990-5100

**February 9, 2019**  
**8:30 am – 4:00 pm**

# The Resilient Leader: Immunizing For Stress

With Drs. Eleanor Vogt,  
Henry Kahn, and  
James Kuperberg



## **Hosted By:**

Beta Chi Chapter  
Phi Lambda Sigma Leadership Society  
Medical University of South Carolina

# Overview

The evidence abounds. A compelling body of research estimates that psychosocial stressors can play a contributing role in aggravating and even initiating pathology. Patient stress can limit the efficacy of our efforts to achieve optimal care management AND our own practitioner stress can lead to errors in judgement, dissatisfaction, and burnout. This topic belongs squarely within the health care leader's' scope of practice and urgently calls for an expanded approach to caring for our patients AND caring for ourselves. This is an experiential workshop. We will explore tools, techniques, and resources to help build resiliency medicine for ourselves, our patients, and our workplace environment.

# Program Agenda

- 7:30 AM – 8:30 AM - Registration
- 8:30 AM – 10:30 AM
  - What is Resiliency and who is a Resilient Leader?
  - Why should you care?
  - Thoughts, Feelings, and Outcomes
  - The Potent Medicine of Appreciation and Gratitude
- 10:45 AM – NOON
  - The Tools of Resiliency Medicine
  - The Healing Power of Breath, Mindfulness, and Meditation
  - Is Stress really harmful?
- NOON – 1:00 PM - Lunch
- 1:00 PM – 2:00 PM
  - The Mind/Body Ever Working Connection
  - Presence and Connection as Medicine
  - Is Imagination Make Believe or Make Real?
  - Internal Narratives and the Power of Thought
- 2:15 PM – 3:00 PM
  - Why Tell A New Story? How Tell A New Story?
  - Illusions, Perceptions, and Verbal Hygiene Medicine
- 3:00 PM – 4:00 PM
  - The Worksheet
  - Modeling Resiliency in the Workplace
  - Incorporating Resiliency in Education
  - The Take Home Prescription

# Learning Objectives

**At the completion of this program, the participants will be able to:**

1. Apply one or more resiliency medicine tools/techniques in both their personal and professional lives.
2. Demonstrate and show one or more resiliency medicine techniques to their family, friends and colleagues.
3. Recall and describe the basic physical, social, behavioral and neuroscience supporting the techniques experienced in the program.
4. Create a resiliency medicine prescription for themselves as well as their family, friends and colleagues.
5. Incorporate the principles of resiliency medicine into their professional preparation or continuing education programs.

# Continuing Education Credit

## Pharmacists and Pharmacy Technicians:

The Medical University of South Carolina College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

This program is accredited for a total of 6 live contact hours (0.6 CEUs) for pharmacists and pharmacy technicians To claim credit, participants must sign-in at the registration table at the beginning of the day and attend the entire program. No partial credit will be issued. Participants must complete an online evaluation within 30 days (providing their correct NABP e-profile number and day/month of birth) in order to have credit reported to the NABP CPE Monitor. All credit must be claimed and reported within 60 days. *This is an application-based program.*

ACPE UAN 0062-9999-19-001-L04-P  
ACPE UAN 0062-9999-19-001-L04-T



# Tuition

Pharmacists	\$120
Pharmacy Technicians	\$90
Health Professional Students*	\$60

(\*bring ID badge to registration)

# Payment

Online: <https://squareup.com/store/phi-lambda-sigma>

Venmo: @PLSbetachi

Check: Payable to *Phi Lambda Sigma*

Send payment to:

Cathy Worrall, PharmD, BSPS, FAPhA  
Medical University of South Carolina  
280 Calhoun Street  
MSC 140 QE223  
Charleston, SC 29425

**For questions, please contact:**

Dr. Cathy Worrall: (843) 792- 8451 or [worrallc@musc.edu](mailto:worrallc@musc.edu)

Shannel Gaillard: [gaillash@musc.edu](mailto:gaillash@musc.edu)

**Registration Deadline:  
Thursday, January 31, 2019**

No refunds available after this deadline

Register [here](#) or follow the link below

<https://docs.google.com/forms/d/e/1FAIpQLSdIs48-SfOVMrkRd577u6NCIjx7I54uAiS9IngWMaHAZuafqA/viewform>