



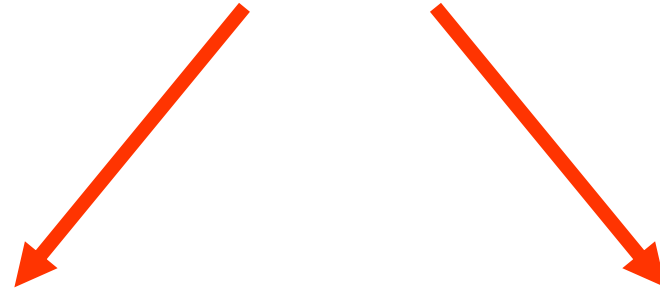
Doctors Walk Their Talk

**Developed by Monash Division
of General Practice
– GP Wellbeing Committee**

**in conjunction with Michelle Bihary,
Director of The Delta Centre, Victoria**



Quality of Life



Objective Conditions
e.g. Physical health

Subjective Perceptions
e.g. Satisfaction with health



Objective QOL



Subjective Wellbeing

Slides on Subjective Wellbeing adapted from a presentation given by
Professor Bob Cummins, Australian Centre for Quality of Life, 2007

Two kinds of 'happiness'



Short-term 'state' happiness

An emotional response to something specific



**Enduring 'trait'
happiness/contentment
A mood with a genetic basis**

Subjective wellbeing

**Professor Bob Cummins
Deakin ACQOL**

What is subjective wellbeing?

A normally positive state of mind that involves the whole life experience

Each person has a set-point for their subjective wellbeing



90



Set-point range

75



The average set-point

60



Time

Personal Wellbeing Index

International Wellbeing Group (2006)

<http://www.deakin.edu.au/research/acqol>

“How satisfied are you with your -----?”

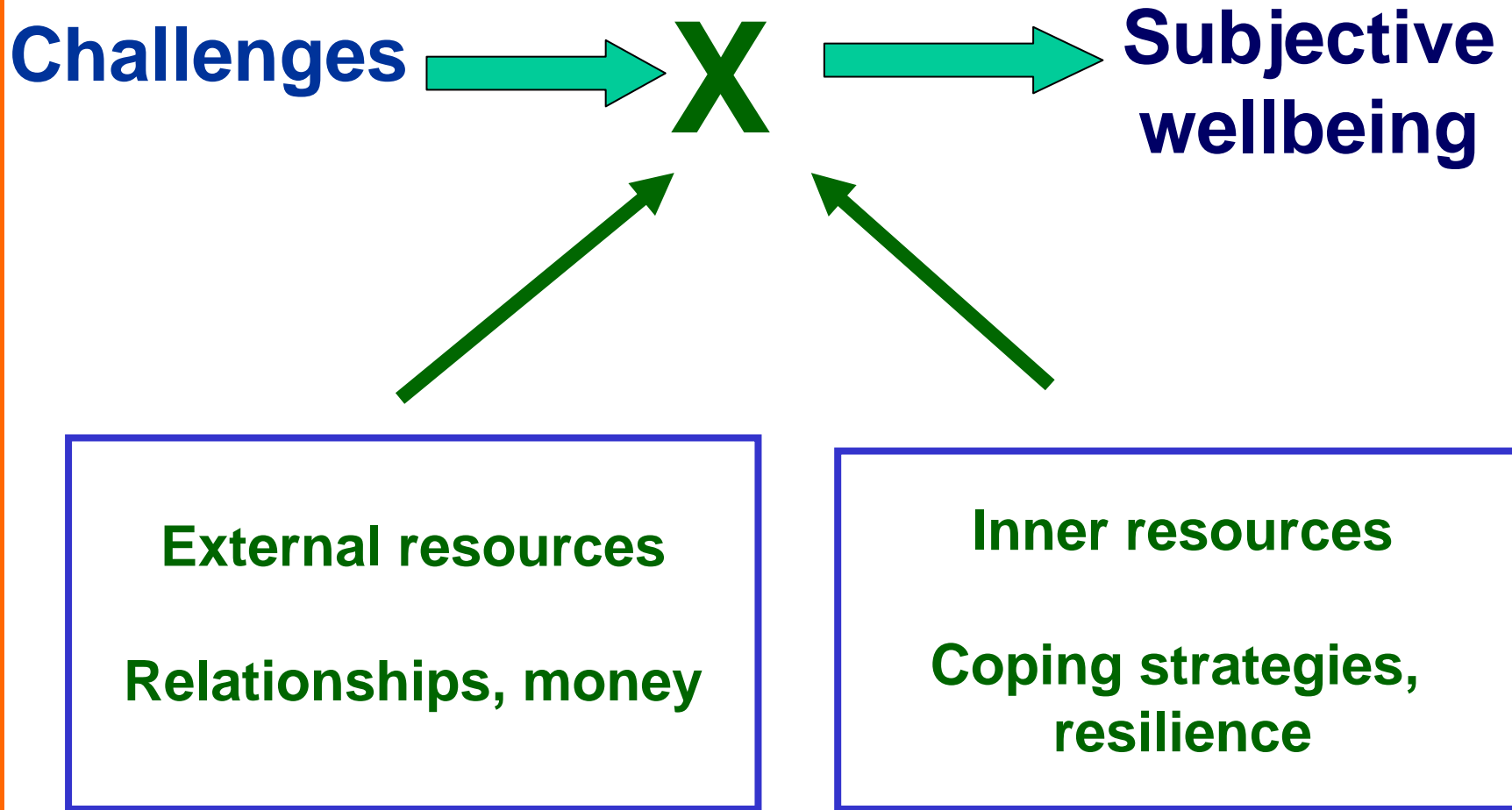
- **Standard of living**
 - **Health**
 - **Achieving in life**
 - **Relationships**
 - **Safety**
 - **Community connectedness**
 - **Future security**
- } (SWB)

Subjective wellbeing homeostasis

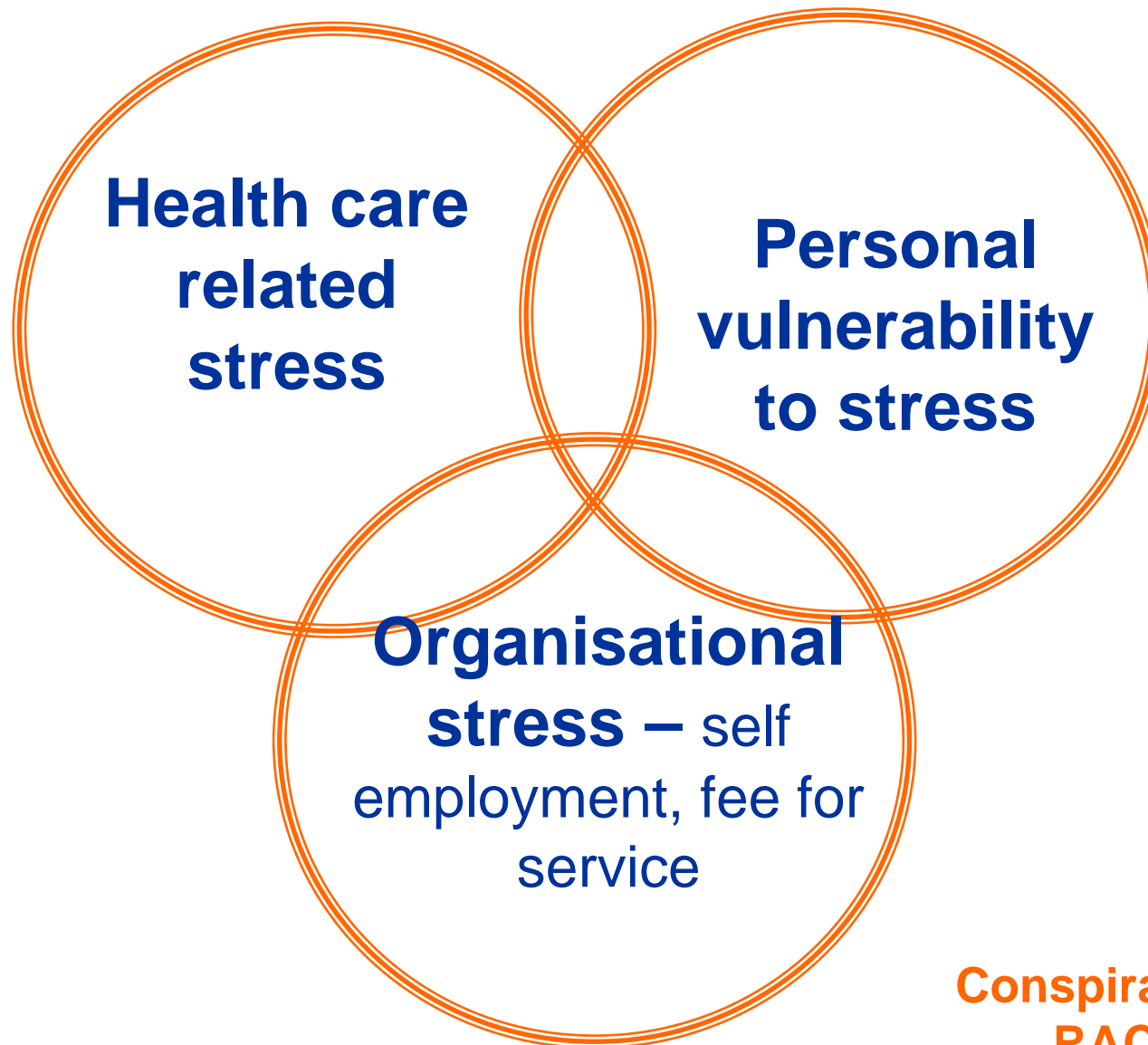
‘In a manner analogous to the homeostatic maintenance of body temperature, we propose a psychological/neurological homeostatic system that functions to hold subjective wellbeing steady.’

International Wellbeing Group (2006)

Protecting Wellbeing



The intersection of risk factors for doctors



**Conspiracy of Silence
RACGP, 2004**

Guiding influences

- Positive psychology
- Emotional intelligence
- Emotional characteristics of highly intelligent people
- Energy management
- Coaching
- Mindfulness
- Self Leadership

Doctors Walk Their Talk

- What Makes Doctors Tick
- The Doctor @ Work: Excellence in Healthcare from the Inside Out
- The Doctor @ Home: Achieving a Personally Sustainable Lifestyle

Doctors Walk Their Talk

Module 1

What Makes Doctors Tick



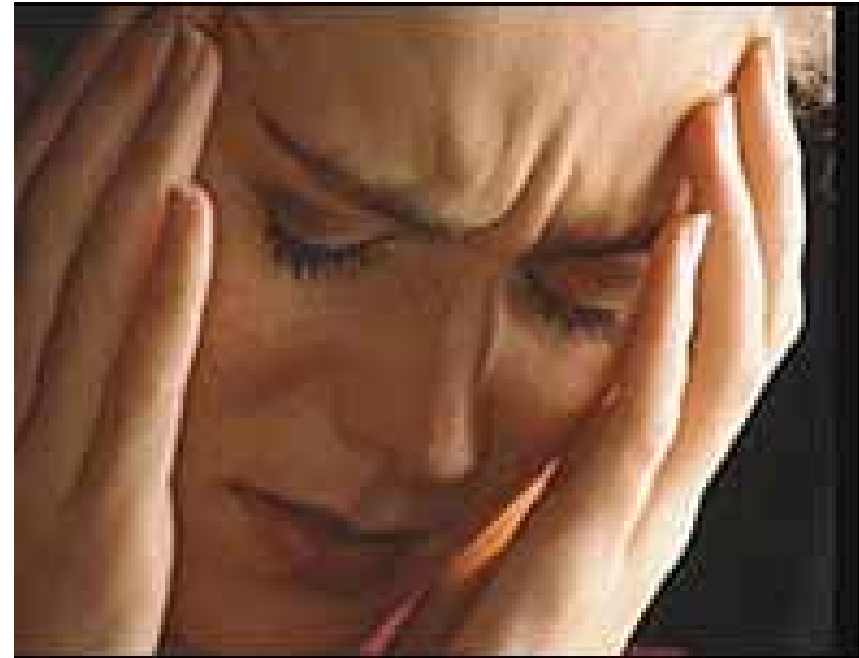
The Self of the Doctor

- Why a doctor?
- Why a GP?
- Rewards, challenges and stress of being a GP
- Personal style - Locus of control

The Self of the Doctor

Scenario 1 Christine

- in charge of a busy general practice with 5 partners and other associates.
- in her mid 40's with 3 children and personally challenging time with a parent dying
- feels like overwhelmed with the paperwork expected
- high turnover of admin staff
- difficult to retain good doctors
- worried about her own health
- exhausted, few holidays for 3 years
- lately feels ready to explode when things go wrong in the practice



Styles and Models of Change

- Theories of change
- Natural preferences and styles for change
- Inner changes and external change

Presentation on Models of Change

- Trans-theoretical model of change
- Force field analysis

Self Assessment

- Physical Self Care
- Psychological Self Care
- Emotional Self Care
- Spiritual Self Care
- Workplace / Professional Self Care
- Relationships
- Home environment

Doctors Walk Their Talk

Module 2



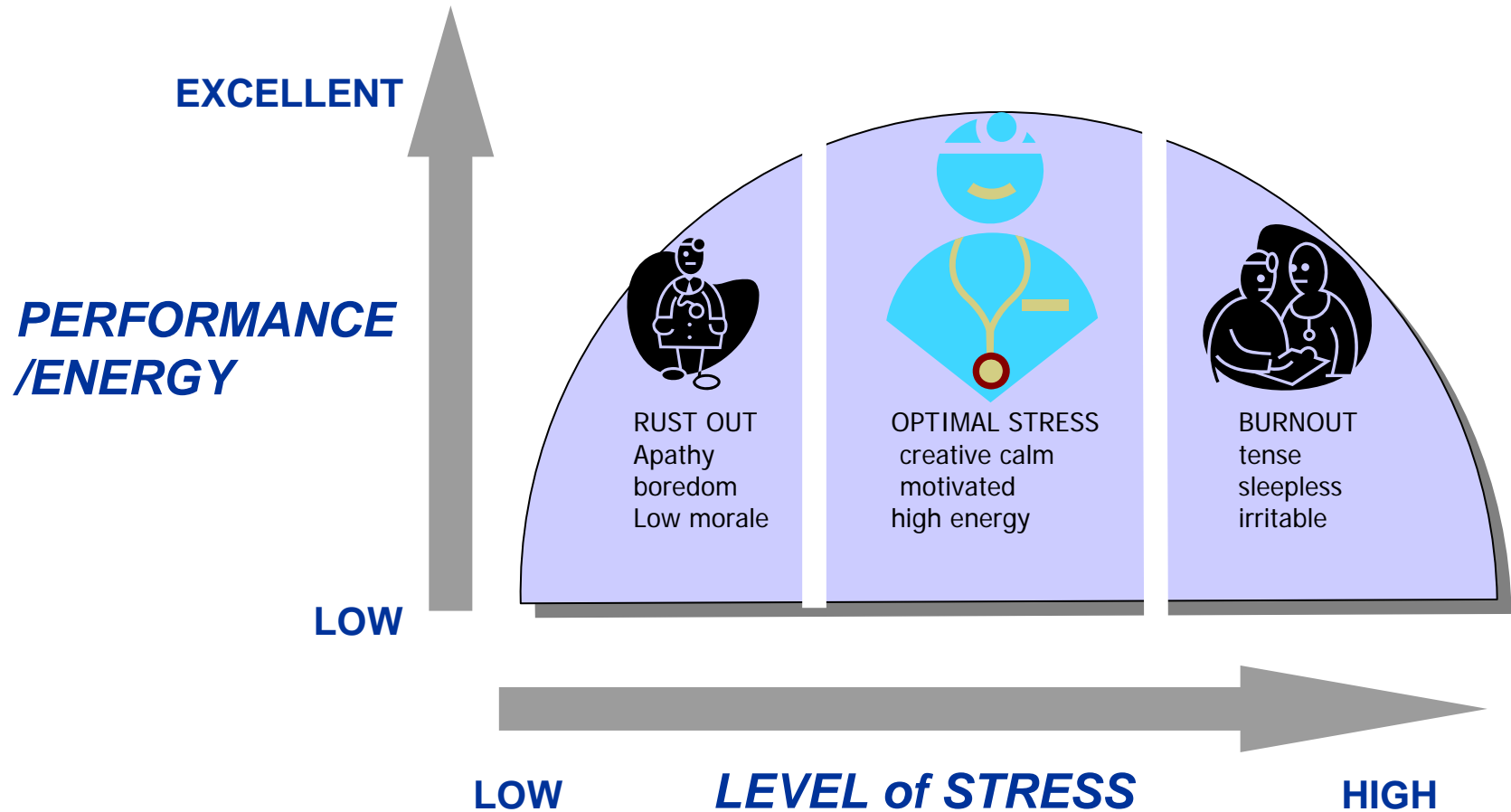
**The Doctor @ Work:
Excellence in healthcare from the
inside out**

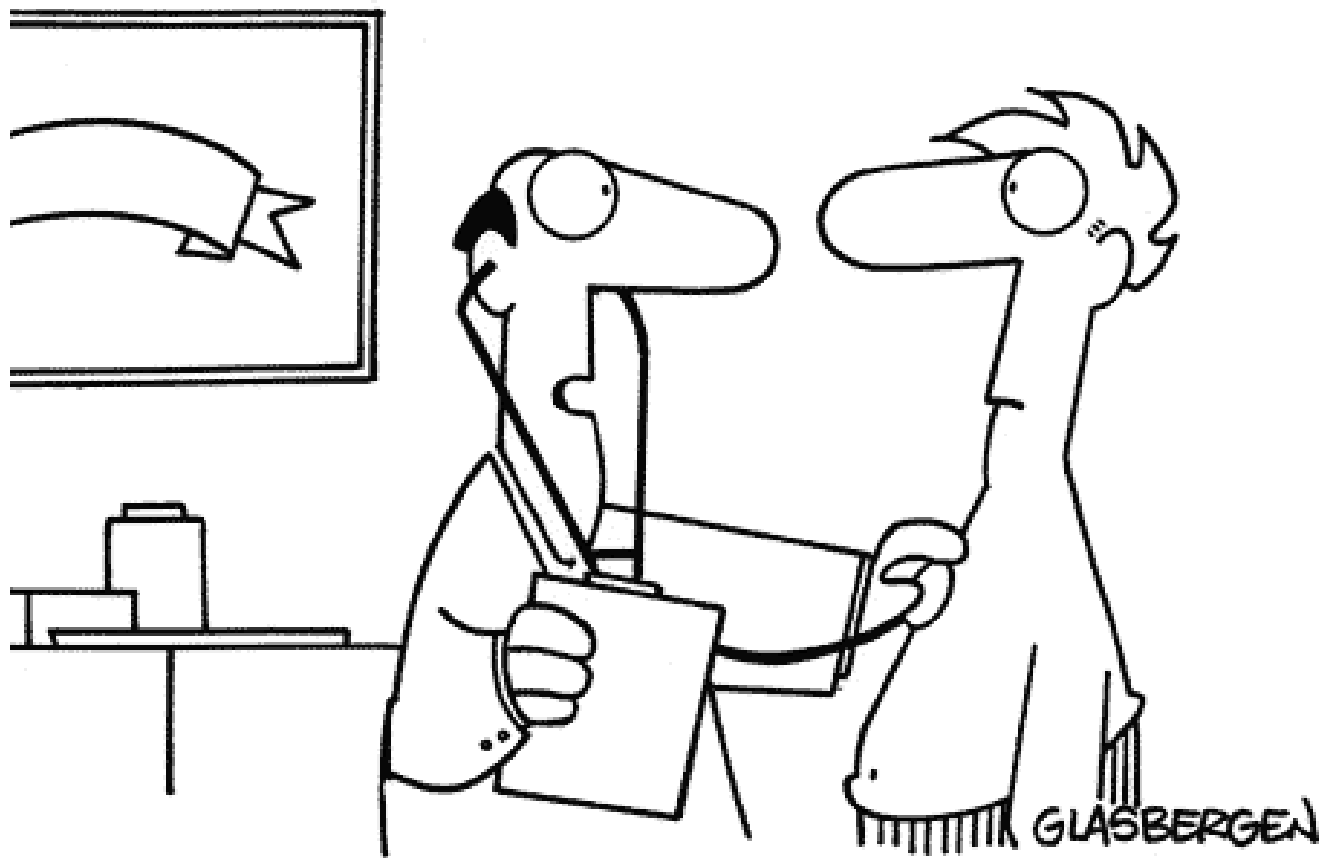
Professional Burnout

- *Examination of Professional Burnout and the way it impacts on health professionals*



Theory of Energy Management & Stress Management





**“You’ve been working too hard.
Instead of a heart beat, I’m getting a fax tone.”**

Models for Personal Effectiveness at Work

- Energy Management
- Seven Habits of Highly Effective People –
Stephen Covey's model
- Yoga Breathing
- Relaxation and Mindfulness Meditation
- Technological solutions to facilitate
biofeedback training for the heart & brain
- Models shared by the participants



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Module 3

The Doctor @ Home: Achieving a Personally Sustainable Lifestyle

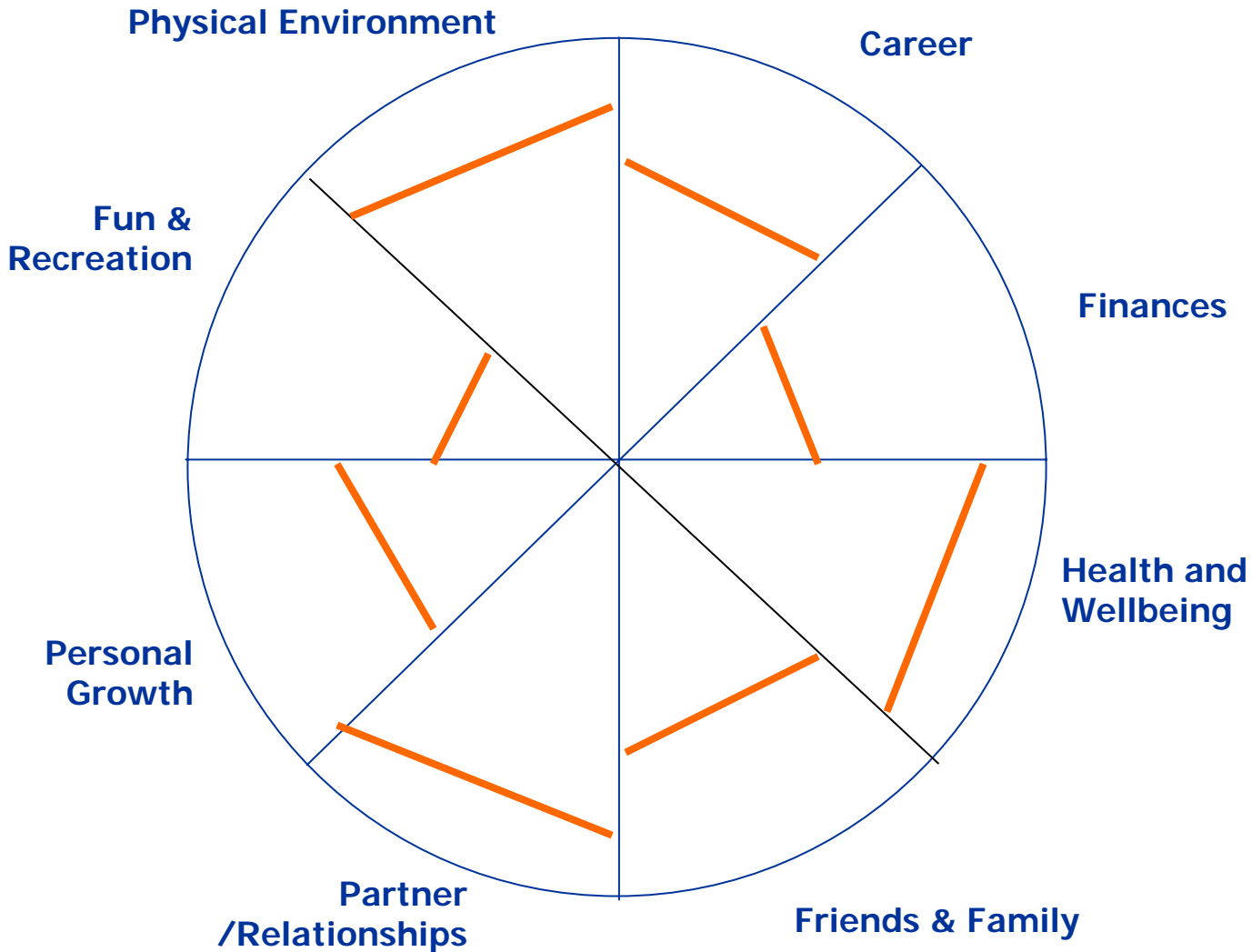


A personally sustainable lifestyle for GPs

- What is personally sustainable?
- Is it possible to have work/life balance as a GP?
- How and where do you draw the line?

Boundary Issues for GPs

Wheel of Life Inventory



Resilience, wellbeing and happiness

- Relationships - with self, family and friends
- What creates wellbeing?
- What is resilience?
- How do people direct their energy to enhance happiness, wellbeing and resilience?



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Acknowledgements

*Dr Tim Foo and Dr Mary Stavropoulou
Toni Lamarche and Michele Speak*

- *For further information about the program:
refer to the brochure in the conference info or
contact **Toni @ Monash Division of GPs***
- *For further information on the theories and
research that underpin the program:
m.bihary@thedeltacentre.com.au*