UC San Diego School of Medicine  
Physician Wellness Retreat  
ACTRI Auditorium  
September 13, 2017, 12:00 – 4:00 PM

Agenda
Updated: August 11, 2017 (Subject to Change)

12:00 – 12:30 PM  BOXED LUNCH (In ACTRI Auditorium Foyer, Complimentary)

12:30 - 12:35 PM  Welcome  
• Mia Savoia, M.D., Dean for Medical Education

12:35 - 12:45 PM  Burnout and the ACGME Charge  
• Sherry Huang, M.D., Associate Dean of Graduate Medical Education

12:45 - 1:00 PM  Systems Initiatives  
• Tom Savides, M.D., Chief Experience Officer

1:00 - 1:05 PM  Update on the UCSD Healer Education Assessment and Referral (HEAR) Program  
• William Norcross, M.D., Director, UC San Diego PACE Program

1:05 - 1:35 PM  Keynote Address: Building Resilience: You, Your Trainees, the Healthcare System  
• Doug Ziedonis, M.D., MPH, Associate Vice Chancellor for Health Sciences, Professor of Psychiatry

1:35-2:05 PM  Training Program Challenges and Solutions  
• Mia Savoia, M.D., Dean for Medical Education  
• Sherry Huang, M.D., Associate Dean of Graduate Medical Education

2:05-2:20 PM  BREAK

2:20-3:50 PM  Breakout Groups Rotation - (Each 30 Minutes, Rooms TBD):
   a. Mindfulness Meditation  
      • Cassondra Graff MS, LCSW, Center for Mindfulness Speakers Bureau Director  
      • Ni-Cheng Liang, M.D., Executive Director, Center for Mindfulness, Medical Director, Pulmonary Services & Center for Pulmonary and Sleep Medicine
   b. Pranayam Yoga  
      • Paul J. Mills, Ph.D, Director, Center of Excellence for Research and Training in Integrative Health; Co-Director, Translational Research Technology, Clinical and Translational Research Institute  
      • Mona Saint, M.D., MPH, Chopra Center: Mind-Body Medical Group  
      • Valencia Porter, M.D., MPH, FACN, Chopra Center: Mind-Body Medical Group
   c. Kelee Meditation  
      • Daniel Lee, M.D., Clinical Professor of Medicine, Owen Clinic

3:45 - 4:00 PM  Sustainability & Closing Practice  
• Ni-Cheng Liang, M.D., Executive Director, Center for Mindfulness, Medical Director, Pulmonary Services & Center for Pulmonary and Sleep Medicine