



Course Description

The seventh annual Coaching in Leadership & Healthcare conference offered by the Institute of Coaching, McLean Hospital, and Harvard Medical School, serves leaders, physicians, healthcare providers, executive coaches, life coaches and health and wellness coaches. This energizing and groundbreaking event features keynotes by world leaders in leadership, health and well-being, coaching, and positive psychology, behavioral psychology, and neuroscience.

We offer five breakout sessions in four track domains (two breakouts are Advanced Practice):

1. Leadership
2. Healthcare
3. Positive Psychology, and
4. Advanced Practice.

We also offer a poster session to bring you the latest research.

Professional coaches, as well as wide dissemination of basic coaching skills, help catalyze the transformation of leadership and healthcare. In organizational leadership, executive coaches play a critical role in developing high-performing leaders who lead in a VUCA world (volatile, uncertain, complex, ambiguous). In the healthcare industry, the treatment of lifestyle-related chronic diseases consumes 70% of healthcare costs, a growing human and economic crisis. Motivating and coaching patients to develop and sustain health-giving behaviors is a pressing application of science-based coaching competencies. Coaches serve well over a \$2 billion dollar market annually.

Research Poster Session

For session guidelines and application information, please visit the Institute of Coaching web site.

<http://www.instituteofcoaching.org/index.cfm?Page=PosterCompetition2014>

Target Audience

The course is intended for physicians, nurses, psychologists, social workers, licensed mental health counselors, executive and lifestyle coaches. Most healthcare professionals and coaches who are interested in learning how to better motivate their patients/clients to make changes in their lives and help them achieve their goals will benefit from this conference. National and international learners anticipated.

COACHING IN LEADERSHIP AND HEALTHCARE

Course Objectives

Upon completion of this course, participants will be able to:

- Describe a variety of models, theories, and domains of psychology and leadership and apply these to coaching and healthcare practices.
- Discuss emerging research on the efficacy of coaching models and practices.
- Apply basic coaching skills in medical, therapy, or leadership practices to enhance outcomes.
- Practice advanced coaching skills applicable to leadership and healthcare.

Accreditation

Physicians: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 13.50 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society, or college as accredited group learning activities.

AMA PRA Category 1 Credits[™] claimed by physicians attending live events certified and organized in the United States for *AMA PRA Category 1 Credits*[™] can be claimed through the agreement on mutual recognition of credits between UEMS and AMA, considered as being equal to the **European Continuous Medical Education Credits (ECMEC©)** granted by the UEMS. One *AMA PRA Category 1 Credits*[™] is equivalent to one (1) hour of European EACCME Credit (ECMEC©), therefore up to 13.50 ECMEC© Credits are available. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Psychologists: McLean Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. McLean Hospital maintains responsibility for this program and its content. Participants meeting requirements will receive 13.5 CE credits.

Nurses: This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for 13.5 contact hours of nursing continuing education credit. Advance practice nurses, please note:



educational activities which meet the requirements of the ACCME (such as this activity) count toward 50% of the nursing requirement for ANCC accreditation.

Social Workers: Application for social work continuing education credits has been submitted. Please contact us at 617.855.3140 for the status of social work CE accreditation.

Licensed Mental Health Counselors: McLean Hospital is an NBCC Approved Continuing Education Provider (ACEP™) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. The hospital's provider number is 6085. This program is approved for 13.5 clock hours of CE credit or 1.35 CEUs.

International Coach Federation (ICF): This activity has been approved for 13 ICF core competency continuing education credits from the International Coach Federation.

ACGME Competencies

This course is designed to meet one or more of the following Accreditation Council of Graduate Medical Education competencies:

- Patient care
- Medical knowledge
- Interpersonal and communication skills
- Professionalism

Registration Information

Tuition Fee

Doctoral Level (PhD, OD, JD, PsyD, MD, etc.)

\$535.00 (USD)

Residents and Fellows in Training **\$475.00 (USD)**

Allied Health Professionals **\$475.00 (USD)**

Coaches (non-doctoral level) **\$475.00 (USD)**



McLean Hospital,
America's #1 hospital
for psychiatric care.

~ U.S. News & World Report, 2013

COACHING IN LEADERSHIP AND HEALTHCARE

Registration by credit card (VISA, MasterCard or American Express) can be made at: www.cme.med.harvard.edu/courses/coaching. Registration by check (draft on a United States bank), please make payable to Harvard Medical School and mail with registration form to **Harvard Medical School—Department of Continuing Education, PO BOX 417476, Boston, MA 02241-7476**. Telephone or fax registration is not accepted.

Registration with cash payment is not permitted. Upon receipt of your paid registration an email confirmation from the HMS-DCE office will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information including registration confirmation, evaluation and certificate.

Inquiries

By phone at 617-384-8600, Monday–Friday, 9am to 5pm (EST) or by email at : hms-cme@hms.harvard.edu

Online Information

To register or view activity information online, visit www.cme.med.harvard.edu/courses/coaching. To ensure proper registration, please enter the three characters of the source code found above your name.

Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

Refund Policy

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by postal mail, email or fax one week prior to this activity. No refunds will be made thereafter.



Course Location

All sessions for this course will be held at the Renaissance Boston Waterfront Hotel, 606 Congress Street, Boston, MA 02210.

Accommodations/Travel

A limited number of rooms have been reserved at the **Renaissance Boston Waterfront Hotel**, 606 Congress Street, Boston, MA 02210 (1-888-796-4664) until August 21, 2014. Please specify that you are enrolled in this course to receive a reduced room rate of \$299 per night Single/Double. Hotel arrangements can also be made online https://resweb.passkey.com/Resweb.do?mode=welcome_gi_new&groupID=20635760. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration. For airfare reservations, contact the HMS Travel Desk toll free at 1-877-4-HARVMD (1-877-442-7863) Monday - Friday, 9 am to 5 pm (ET). From outside the U.S., Canada, and Virgin Islands, please call 1-617-559-3764.

McLean Hospital Contact Information

Telephone: (617) 855-3152

E-mail: education@mclean.harvard.edu



Course Directors

Carol Kauffman, PhD, ABPP, PCC

Assistant Clinical Professor in Psychiatry,
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Coaching in Leadership and Healthcare

September 12–13, 2014 • Boston, MA



Coaching in Leadership and Healthcare

September 12–13, 2014
Friday–Saturday

Renaissance Boston Waterfront Hotel
606 Congress Street
Boston, MA 02210

Offered by
Institute of Coaching
McLean Hospital and
Harvard Medical School



INSTITUTE OF
COACHING

McLEAN HOSPITAL, HARVARD MEDICAL SCHOOL AFFILIATE



McLean HOSPITAL
HARVARD MEDICAL SCHOOL AFFILIATE



HARVARD
MEDICAL SCHOOL

McLean Hospital
America's #1 hospital for psychiatric care
~ *U.S. News & World Report, 2013*

Harvard Medical School





FRIDAY, SEPTEMBER 12, 2014

7:00 am – 8:00 am

Registration and Continental Breakfast

8:00 am – 8:45 am

Vision, Scott L. Rauch, MD

Welcome, Christopher Palmer, MD

Conference Overview, Carol Kauffman, PhD, ABPP, PCC;
Margaret Moore, MBA

Vision of Excellence Award

8:45 am – 9:45 am

The Leader's Focus, The Linda S. Ballew Lecture

Daniel Goleman, PhD

9:45 am – 10:15 am Break

10:15 am – 11:15 am

Flexible Minds, Hearts, and Hands: How to Empower Leaders, Workers, and Lives,

Steven C. Hayes, PhD

11:15 am – Noon

Translation Panel: Client applications of Emotional

Intelligence, Carol Kauffman, PhD, ABPP, PCC;

Margaret Moore, MBA

Noon – 1:30 pm Lunch (on your own)

1:30 pm – 3:30 pm Choose One Track

TRACK 1: LEADERSHIP

Dignity in Action: From Conflict to Collaboration

Donna Hicks, MS, PhD; Lewis R. Stern, PhD

This session will highlight how vulnerable we all are to being treated as if we didn't matter. It will explain why it hurts when our dignity is violated and why having our dignity honored by others is the key to healthy, loving relationships. We will explore concrete ways to honor dignity and how to use it to repair relationships that have broken under the weight of conflict. If indignity tears us apart, dignity can put us back together again.

TRACK 2: HEALTHCARE

Coaching Brain Health

Stephanie Peabody, PsyD; Alvaro Pascual-Leone, MD, PhD;
Bonnie Wong, PhD

This presentation will review the state of knowledge in the evolving field of brain health and performance, its importance to healthcare, business, and life, and how coaches are in the ideal position to adopt this knowledge to enhance their practice. Innovative approaches will be offered to illustrate ways in which brain health and performance is currently being screened, assessed, addressed, and monitored in the clinical and mainstream arenas.

COACHING IN LEADERSHIP AND HEALTHCARE

TRACK 3: POSITIVE PSYCHOLOGY

Mindful Habit Change in Coaching

Dan Goleman, PhD; Tara Bennett-Goleman, MA

Our life habits — particularly emotional ones — form unconsciously, and are extremely powerful when they get triggered and take us over. Unhelpful habits are obstacles to optimal performance at work, and genuine connection in our relationships. Tara Bennett-Goleman's model of mindful habit change draws on the latest neuroscience and makes clear why mindfulness gives clients a tool that lets them be in charge of altering maladaptive patterns. We will review the essential steps in mindful habit change, and how coaches can support their clients in applying this powerful method to upgrade their clients' effectiveness at work and in life.

TRACK 4: WHAT'S NEW FROM HARVARD MEDICAL SCHOOL

Coaching Docs: Developing Physician Leaders

Jeff Hull, PhD; Kerri Palamara, MD; Jeanine P. Wiener-Kronish, MD; James P. Rathmell, MD; Larry Harmon, PhD

This session will discuss highly successful leadership training, coaching, and assessment programs conducted at Massachusetts General Hospital, affiliated with Harvard Medical School, including use of 360 feedback and assessment tools, an ongoing coaching initiative for primary care residents, and a panel of senior physicians who have led and participated in executive coaching programs.

TRACK 5: ADVANCED PRACTICE (LIMIT 70 REGISTRANTS)

Understanding and Managing Presence in Executive Coaching Engagements

Richard Kilburg, PhD

One's presence has intentional and covert aspects. Case material and an overview of scientific and conceptual material will be presented on leader and coach presence and how to help leaders become more effective.

3:30 pm – 4:00 pm Break & Networking

4:00 pm – 5:00 pm

Aim high-Aim higher: Why is transformational leadership important but insufficient?

Dana Born, PhD, Brigadier General USAF, Retired

5:15 pm – 7:00 pm

Networking Reception & Poster Session

No education credit available for this event.

In addition to a networking reception the Institute of Coaching is holding our third poster session. Meet coaching researchers and learn about their investigations and outcomes and how to bridge theory and research to best practice.



SATURDAY, SEPTEMBER 13, 2014

7:00 am – 8:00 am

Registration and Continental Breakfast

8:00 am – 8:30 am

Welcome

Christopher Palmer, MD

Founding Fellowship Awards, Poster Award

8:30 am - 9:30 am

Optimizing Social Relationships in Coaching

Todd Kashdan, PhD

9:30 am – 10:30 am

The Power of Truth

Yaël Farber

10:30 am – 11:00 am Break & Networking

11:00 am – 3:15 pm Choose One Track

Noon – 1:30 pm

Lunch Break (on your own)

TRACK 1: LEADERSHIP

To be announced.

TRACK 2: HEALTHCARE

Changeology: Coaching Clients through the 5 Steps of Change

John C. Norcross, PhD, ABPP

30 years of research of the Transtheoretical Model and other models have now explicated the structure and science of behavior change for individuals, groups, and organizations. Learn how to guide your clients through the 5 steps/stages of change, to avoid the disastrous missteps, and to tailor their efforts to their particular step in the process. The steps of change are uncannily similar across goals/problems, and success depends on doing the right thing at the right time.

TRACK 3: POSITIVE PSYCHOLOGY

Psychological Flexibility in Coaching

Todd Kashdan, PhD; Steven C. Hayes, PhD; Facilitator:
Susan David, PhD

Cognitive, emotional, and behavioral flexibility is a key to success in almost every area of life. This workshop will show how coaches, trainers, and consultants can use acceptance, mindfulness, and values-based training drawn from Acceptance and Commitment Training and from positive psychology to create greater psychological agility so as to empower people in work and healthcare settings.

COACHING IN LEADERSHIP AND HEALTHCARE

TRACK 4: ADVANCED PRACTICE

(Limit 30 Registrants)

In Pursuit of Truth - SOLD OUT

Yaël Farber

The empowering and inspiring creative process that occurs in the theatre rehearsal room will be shared with a strictly limited number of participants. This interactive session will showcase techniques developed by Farber over two decades to enable people to access their core narratives and truths as is integral to authentic, purposeful and outstanding living.

TRACK 5: ADVANCED WORKSHOP

Coaching for the 21st Century

Allen Moore, MSc

This presentation and interactive workshop explores how forces in technology and globalization are changing the business and coaching landscape. Survey data on today's most frequent coaching topics as well as future trends in coaching will be explored, with senior coaches commenting on their experiences.

3:15 pm – 3:45 pm Break & Networking

3:45 pm – 5:15 pm

Beethoven's Deafness: Emotional Crisis and Artistic Triumph

Richard Kogan, MD

5:15 pm – 5:30 pm

Stepping Toward the Future, Together

Carol Kauffman, PhD, ABPP, PCC; Margaret Moore, MBA

FACULTY

Tara Bennett-Goleman, MA, is a pioneer in integrating mindfulness with methods from cognitive therapy. A psychotherapist and international workshop leader, she is the author of the New York Times best-seller Emotional Alchemy: How the Mind Can Heal the Heart, and, more recently, Mind Whispering: A New Map to Freedom From Self-Defeating Emotional Habits. Tara studied at the Cognitive Therapy Center of New York, and has been a longtime student of mindfulness and other meditative traditions; her practice integrates Eastern and Western methods for working with the mind.

Dana Born, PhD is a Lecturer in Public Policy in the Center for Public Leadership at Harvard University's Kennedy School of Government. She is a retired Brigadier General, USAF having served as Dean at the United States Air Force Academy, Chair of the Behavioral Sciences and Leadership Department, Commander during 9/11 and in Afghanistan in support of Operation Enduring Freedom. She focuses on leader-leadership development, ethics and decision-making.... and how today as leaders we must exercise effective leadership with character, purpose and commitment in a rapidly changing world.

Susan David, PhD, is a founder and co-director of the Institute of Coaching, is an internationally recognized leader operating at the nexus of business and psychology. She routinely consults, speaks and coaches at the most senior levels of Fortune 500 organizations and influential not-for-profits like the United Nations Development Program, Ernst and Young and World Economic Forum. Susan is author of the definitive Oxford Handbook of Happiness (Oxford University Press, 2013), Beyond Goals: Effective Strategies for Coaching and Mentoring (Gower, 2013), and the top rated Harvard Business Review article "Emotional Agility." Her work has been featured in many top media outlets including TIME, USA Today, Fast Company, the Wall Street Journal, and Inc.com.

Yaël Farber, named one of the most important artists on the world stage today, is a multiple award-winning director and playwright of international acclaim. Her productions have toured the world extensively - earning her a reputation for hard-hitting, controversial works of the highest artistic standard. Her most recent work NIRBHAYA (Directed and Written by Farber in India) earned rave reviews and three international awards at the 2013 Edinburgh Festival. MIES JULIE (Written and Directed by Farber) won a string of international awards at the 2012 Edinburgh Festival, was named one of the Top Ten Productions of 2012 by The New York Times, and Top 5 Productions of 2012 by The Guardian.

Daniel Goleman, PhD, a psychologist and science journalist, is best-known for his books on emotional intelligence and his writing on leadership has become familiar to coaches and consultants worldwide. His recent book Focus: The Hidden Ingredient in Excellence, was adapted into the cover article "The Leader's Focus" in the December Harvard Business Review.

Larry Harmon, PhD is a Psychologist and Director of the PULSE Program, as well as a voluntary Associate Professor in the Department of Psychiatry, Miller School of Medicine at the University of Miami. He is the founder of the Quality PULSE 360 Survey, used for nearly 5000 healthcare professionals and leaders at over 200 academic medical centers, community hospitals and practice groups, including the Johns Hopkins and the Universities of Miami, Minnesota, Michigan, California and Utah; as well as Massachusetts General Hospital, Brigham and Women's, Beth Israel Deaconess and four other Harvard Hospitals. He has co-authored several articles and chapters on physician behavior and professionalism, including "Managing Stress in the Orthopaedic Family: Avoiding Burnout, Achieving Resilience," which appeared in the Journal of Bone and Joint and was co-authored with the Chief of Orthopaedic Surgery at Massachusetts General Hospital.

Steven C. Hayes, PhD is Nevada Foundation Professor and Director of Clinical Training at the Department of Psychology at the University of Nevada. An author of 36 books and 525+ scientific articles, his book Get Out of Your Mind and Into Your Life was featured in Time and for a time was the best selling self-help book in the US. Dr. Hayes is the recipient of the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy.

Donna Hicks, MS, PhD, is an Associate at the Weatherhead Center for International Affairs at Harvard University. She facilitated dialogues in numerous unofficial diplomatic efforts worldwide. She has taught courses in conflict resolution at Harvard, Clark, and Columbia Universities and conducts trainings seminars in the US and abroad on the role dignity plays in conflict. She consults to corporations, schools, churches, and non-governmental organizations. Her book, Dignity: Its Essential Role in Resolving Conflict, was published by Yale University Press.

Jeffrey Hull, PhD is founding partner and CEO of Leadershift, Inc., a leadership development and coaching consultancy based in New York City. He is Director of Education and Business Development at the Institute of Coaching, clinical instructor in psychology at Harvard Medical School, and an adjunct professor of leadership at New York University. His background includes over twenty years of consulting and coaching experience with C-suite executives at major corporations and non-profit institutions. Dr. Hull has recently been involved with coaching physician leaders at MGH, Yale-New Haven, Weill Cornell and NYU medical Centers. A case study from his recent coaching work with anesthesia faculty at Harvard/Mass General Hospital, entitled, "Developing Physician Leaders" was published in the primary journal of anesthesia practitioners, "Anesthesiology", in the fall of 2012.

FACULTY

Todd Kashdan, PhD is a Professor of Psychology and Senior Scientist at the Center for Consciousness and Transformation at George Mason University. He has been honored as faculty member of the year and early career awards from the American Psychological Association, Association for Behavioral and Cognitive Therapies, and International Society for Quality of Life Studies. He has published over 150 scholarly articles and authored *Curious? Discover the Missing Ingredient to a Fulfilling Life* (William Morrow), *Designing Positive Psychology* (Oxford University Press), *Mindfulness, Acceptance, and Positive Psychology: The Seven Foundations of Well-Being* (New Harbinger), and his secret book with Robert Biswas-Diener comes out in December, 2014 (Penguin). He has twin 7-year old daughters, with plans to rapidly populate the world with great conversationalists.

Carol Kauffman, PhD, ABPP, PCC is the Director of the Institute of Coaching and Assistant Clinical Professor at Harvard Medical School, Department of Psychiatry. In 2009 she received a two million dollar award from the Harnisch Foundation to create the Institute and award \$100,000 annually in research grants. Carol is a seasoned leadership coach with multi-national organizations helping key leaders discover and artfully manage their impact and raise the bar on their own, and their followers, performance and engagement. She recently completed a leadership development program for the top 100 leaders then developed a program to train them in coaching skills to continue the program with the next 500. She is Chief Supervisor at Meyler Campbell Ltd, a UK based business coaching program and was founding editor in chief of *Coaching: An International Journal of Theory, Research & Practice*. Some of her papers including the HBR Special Report on Executive Coaching are available at www.CarolKauffman.com.

Richard Kilburg, PhD is the CEO of RRK Coaching and Executive Development, a consulting firm based in Baltimore. He has published widely in the fields of management, professional impairment, and executive coaching including six books by the American Psychological Association. He was the founding President of the Society of Psychologists in Management, and is a Fellow of the Society of Consulting Psychology of the American Psychological Association. He is the recipient of the 2002 Distinguished Contribution to Psychology in Management Award given by the Society of Psychologists in Management, the 2005 Harry and Miriam Levinson Award for Outstanding Contributions to Consulting Organizational Psychology given by the American Psychological Foundation, the Elliott Jacques Memorial Publication Award for most outstanding article in the *Consulting Psychology Journal* in 2001, 2008, and 2011, the 2012 Vision of Excellence Award from the Institute of Coaching, and the 2013 RHR International Award for Excellence in Consultation presented by the Society of Consulting Psychology.

Richard Kogan, MD has a distinguished career both as a concert pianist and as a psychiatrist. Clinical Professor of Psychiatry at Weill Cornell Medical College and Artistic Director of the Weill Cornell Music and Medicine Program, he has gained international renown for his lecture/recitals that explore the role of music in healing and the influence of psychological factors and psychiatric and medical illness on the creative output of composers such as Mozart, Beethoven, Chopin, Schumann, Tchaikovsky, Rachmaninoff, Gershwin, and Bernstein.

Allen Moore, MSc is the Global Practice Leader for Executive Coaching for Korn/Ferry Leadership and Talent Consulting. He has extensive experience coaching senior level executives and teams on the operational skills and behaviors required to lead enterprise change and to improve interpersonal dynamics, collaboration, engagement, and performance. He employs a collaborative and business-focused approach to his coaching practice. He holds a master-level certification as an executive coach and is currently completing his doctoral degree in social psychology at Tilburg University, with a focus on leadership and complexity theory.

Margaret Moore (Coach Meg), MBA, Co-Director of the Institute of Coaching at McLean Hospital/Harvard Medical School, is a biotechnology veteran who founded Wellcoaches Corporation in 2000, following 17 years in the biotechnology industry, to establish standards for professional coaches in healthcare and wellness. She co-authored the Lippincott, Williams & Wilkins *Coaching Psychology Manual*, the first coaching textbook in healthcare. Margaret's collaboration with Harvard physician Edward Phillips, to teach physicians a basic coaching roadmap, led to the launch of the Institute of Lifestyle Medicine at Joslin, an affiliate of Harvard Medical School, of which she is a founding advisor. She is a co-leader of the National Consortium for Credentialing Health & Wellness Coaches, building standards, certification and evidence for professional health and wellness coaches. She is co-author of the Harvard Health book (*Harlequin* 2012), *Organize Your Mind, Organize Your Life*, translating the science of brain organization into self-coaching solutions.

John C. Norcross, PhD, ABPP is Distinguished Professor of Psychology at the University of Scranton, Adjunct Professor of Psychiatry at SUNY Upstate Medical University, a board-certified clinical psychologist in part-time practice, and an internationally recognized authority on behavior change and psychotherapy. Author of more than 400 scholarly publications, Dr. Norcross has co-written or edited 20 books, including the classic *Changing for Good* and the recent critically acclaimed *Changeology*. Among his awards are APA's Distinguished Career Contributions to Education & Training Award, Pennsylvania Professor of the Year from the Carnegie Foundation, and election to the National Academies of Practice.

FACULTY

Kerri Palamara, MD is a primary care physician at Massachusetts General Hospital and an Associate Program Director for Ambulatory Training. Dr. Palamara has been an Instructor in Medicine at Harvard Medical School since 2009 and in addition to her APD role, serves as the co-Director of Internship Selection and the Residency Education Coordinator for her practice. Dr. Palamara's academic work focuses on faculty and curricular development in the ambulatory setting, improving the quality of resident ambulatory training, Resident as Teacher curriculum, and professional development of residents. In these roles, she has led a team of educators in redesigning the MGH ambulatory didactic curriculum and has been a key participant in the redesign of ambulatory education into the current hybrid model at MGH. She worked with Dr. Carol Kauffman to design a Professional Development Coaching Program for internal medicine residents with a strengths-based positive psychology curriculum.

Christopher Palmer, MD is Director of the Department of Postgraduate and Continuing Education at McLean Hospital, a research physician in both the Behavioral Psychopharmacology Research Laboratory and the Sleep Research Program at McLean Hospital, and a practicing psychiatrist, specializing in treatment-resistant cases. He is an Assistant Professor of Psychiatry at Harvard Medical School.

Alvaro Pascual-Leone, MD, PhD is Professor of Neurology and Associate Dean for Clinical and Translational Research at Harvard Medical School. He serves as the Director of the Berenson-Allen Center for Noninvasive Brain Stimulation at Beth Israel Deaconess Medical Center, and is a practicing behavioral neurologist. The overarching goal of his research is understanding the mechanisms that control brain plasticity across the life span to be able to modify them for the patient's optimal behavioral outcome.

Stephanie Peabody, PsyD is a neuropsychologist, has 20 years of experience as a clinician and program designer. In 2009 Dr. Peabody was awarded a visiting scholar appointment at Harvard University to extend her vision of promoting a holistic and integrative view of brain health and performance. As Course Director for Mind, Brain, Health at the Harvard Extension School, she has developed a widely popular undergraduate and graduate course in brain health and is building new programs for Harvard Extension School on brain development and coaching. Dr. Peabody is the Executive Director of the International Brain Health Education Institute.

James P. Rathmell, MD is an anesthesiologist specializing in pain medicine and serves as the Executive Vice Chair and Chief of the Division of Pain Medicine in the Department of Anesthesia, Critical Care and Pain Medicine at Massachusetts General Hospital and Henry Knowles Beecher Professor of Anesthesia at Harvard Medical School. Dr. Rathmell has designed, conducted, and published numerous international, multicenter clinical trials examining novel analgesic agents and devices. He dedicates most of his time to patient care and the education of physicians specializing in anesthesiology and pain medicine.

Scott L. Rauch, MD is President and Psychiatrist in Chief and Rose-Marie and Eijk van Otterloo Chair of Psychiatry at McLean Hospital, and Chair, Psychiatry and Mental Health for Partners HealthCare System. He is also a Professor of Psychiatry at Harvard Medical School. His principal research interests relate to neuroimaging and the neurobiology of mood and anxiety disorders.

Lewis R. Stern, PhD is a Senior Advisor to the Institute of Coaching at McLean Hospital/Harvard Medical School, Clinical Instructor at Harvard Medical School, and Non-clinical Consultant at McLean. Lew serves as Executive Director of the Foundation for International Leadership Coaching, and President of Stern Consulting. Since 1977, he has served as a leader, executive and leadership coach, and consulting psychologist, including Co-founder and President of the New England Society for Applied Psychology, Co-founder and Chairman of the Board of the Executive Coaching Forum, Founder and Director of the Graduate Program in Executive Coaching at the Massachusetts School of Professional Psychology (MSPP), and Co-founding Board Member of the Graduate School Alliance for Executive Coaching and is a licensed psychologist in Massachusetts. He authored or co-authored *Executive Coaching: A Working Definition*; *The Executive Coaching Handbook*; and *Executive Coaching: Building and Managing Your Professional Practice*.

Jeanine P. Wiener-Kronish, MD is the Henry Isaiah Dorr Professor of Research and Teaching in Anaesthetics and Anaesthesia at the Harvard Medical School in Boston. She has been the Anesthetist-in-Chief at the Massachusetts General Hospital since April 1, 2008. Dr. Wiener-Kronish obtained her BA from the University of California at Los Angeles in 1971 and then obtained her M.D. in 1976 from the University of California at San Francisco. She completed her residency in Internal Medicine in 1979 and a Pulmonary clinical and research fellowship at the Cardiovascular Research Institute (UCSF) in 1984. She then completed a residency in Anesthesia (UCSF) in 1986. She is board certified in Internal Medicine, Pulmonary, Anesthesia and Critical Care Medicine. She obtained tenure at UCSF in 1992 and became a professor in 1996.

Bonnie Wong, PhD is a board-certified clinical neuropsychologist on staff in the Cognitive Neurology Unit at Beth Israel Deaconess Medical Center, and is the Director of the Brain Fit Club. Her clinical and research interests focus on translating neuropsychological principles into evidence-based cognitive-behavioral interventions.