Hard though the conditions may be, approached in the right spirit – the spirit which has animated us from the days of Hippocrates – the practice of medicine affords scope for the exercise of the best faculties of the mind and heart.

Sir William Osler

Reasons to Attend the 2nd Osler Symposium in San Diego:

- Earn up to 44 CME credits
- Learn, exercise and have fun with colleagues
- Meet renowned faculty who will share their experience, wisdom, passion and hope
- Spend quality time with your spouse/partner away from the stresses of work and home
- Attend your choice of 15 breakout sessions and a variety of outdoor activities
- Rekindle love for your profession

www.OslerSymposia.org

2ND OSLER SYMPOSIUM

DOCTORING IN THE 21ST CENTURY: EMBRACING THE CHALLENGE

October 20-23, 2012
Catamaran Hotel
San Diego, California

“We doctors do not ‘take stock’ often enough.” – Sir William Osler
Dear Colleagues,

We are pleased to invite you to attend the 2nd Osler Symposium. The inaugural conference held in May 2011 was unequivocally well-received, and the 2012 program will exceed the high expectations now set. The retreat-like atmosphere will afford you time to be reflective, and it sets the stage for engaged learning, inspiration, recreation and plain old fun!

**Doctoring in the 21st Century: Embracing the Challenge** is not your typical CME meeting. Instead, it focuses on you, your health and well-being, and your future in medicine. During the conference we will examine the challenges confronting doctors and the medical profession today, while teaching you skills and practices that will enhance your professional and personal lives.

The symposium was designed for physicians but is open to all healthcare professionals. We also had your spouses and partners in mind when developing the program. You are encouraged to enroll your spouse so they may share this enriching and life-changing experience with you. Discounted “Couple” fees have been established and can be found on the Registration Form.

**Highlights of the 2nd Osler Symposium include:**

- Nationally and internationally renowned faculty who are recognized experts and leaders in their fields, who have unbridled passion for their work, an obvious love of teaching, and belief in the need for, and purpose of, this program;
- Ample time and opportunity to create a meaningful community with like-minded colleagues during meals, exercise and recreational activities, breakout sessions and panel discussions;
- A guarantee that you will return home empowered, transformed and renewed.

Please take time to read through the brochure to learn more about this ground-breaking symposium and all it has to offer. We look forward to meeting you in San Diego this fall!

**Janice Mancuso**

**Creator, Osler Symposia**
WHO WILL ATTEND?

PHYSICIANS
PHYSICIANS IN TRAINING
PHYSICIAN ASSISTANTS
NURSE PRACTITIONERS
NURSES
OTHER HEALTHCARE PROFESSIONALS
SPOUSES/PARTNERS

– IN –
FAMILY MEDICINE
PEDIATRICS
INTERNAL MEDICINE
EMERGENCY MEDICINE
OB-GYN
PSYCHIATRY
SURGERY
OTHER SPECIALTIES

– WHO ARE ALSO –
PARENTS
CHILDREN OF AILING PARENTS
MORTGAGERS AND RENTERS
WOMEN AND MEN
EMPLOYERS AND EMPLOYEES
RURAL AND CITY DWELLERS
AMERICANS AND NON-AMERICANS
CHRISTIANS, JEWs,
MUSLIMS, BUDDHISTS . . .
OLD AND YOUNG
PATIENTS AND CAREGIVERS
FRIENDS
HUMAN BEINGS

– WHO MAY BE –
TIRED
STRESSED
FRUSTRATED
OVERWORKED
UNDER-COMPENSATED
DISCONNECTED PROFESSIONALLY
AND PERSONALLY

– YET –
HOPEFUL THAT THEY CAN REKINDLE
LOVE AND PASSION
FOR THEIR PROFESSION
BY GAINING KNOWLEDGE AND
LEARNING SKILLS & DAILY PRACTICES
THAT WILL RESTORE BALANCE
AND JOY IN THEIR LIVES,
ALLOWING THEM TO FLOURISH,
NOT JUST SURVIVE.

Q&A Open Forum

We’ve received a variety of questions since we first announced the inaugural Osler Symposium—here are a few. If you have other questions, please email them to janice@EndorphinPower.org. Answers of general interest will be posted on the OslerSymposia.org website.

What is the need for The Osler Symposium?
There is a real and documented crisis in medicine today. Physicians are struggling with burnout and/or leaving medicine. The shortage of US doctors is projected to be 150,000 by 2025, according to the Association of American Medical Colleges.

The Osler Symposia are scholarly, practical and evidence-based continuing medical education (CME) conferences with the mission of helping physicians stay in medicine.

Why is the conference called the Osler Symposium?
Sir William Osler is referred to as the Father of Modern Medicine. “His enduring influence rests on a legacy of clinical, scientific, literary, educational and intra-professional achievements, linked to the lodestone of a remarkable personality, and bound together by ethical principles and an extraordinary humanity. . . . In a world where doctors have become ‘providers’ and patients ‘consumers’... the example of Osler and ‘virtue ethics’ are a beacon in an evolving, and frequently, disturbing practice of medicine.” Osler’s thoughts and words were instrumental in the development of the symposia, and they continue to teach and inspire us today.

What is the Endorphin Power Company?
The Endorphin Power Company (EPC), a small, nonprofit organization in Albuquerque, NM founded in 2003 by an emergency physician, Sam Slishman. It addresses the needs of the homeless and substance-dependent and underserved communities, as well as alleviates many of the challenges faced by emergency medical systems. Its program is based on four pillars: Education, Exercise, Community & Service. These pillars also frame The Osler Symposium.

What is the connection between EPC and The Osler Symposium?
When Dr. Slishman founded EPC, he recognized the connection between healthy individuals and healthy communities. In order to have both, we need healthy doctors…and healthy physician communities. So in 2009, when Janice Mancuso presented the concept of The Osler Symposium to Dr. Slishman, he saw the parallel when Janice Mancuso presented the concept of The Osler Symposium to Dr. Slishman, he saw the parallel when Janice Mancuso presented the concept of The Osler Symposium to Dr. Slishman, he saw the parallel when Janice Mancuso presented the concept of The Osler Symposium to Dr. Slishman, he saw the parallel when Janice Mancuso presented the concept of The Osler Symposium to Dr. Slishman, he saw the parallel when Janice Mancuso presented the concept of The Osler Symposium to Dr. Slishman, he saw the parallel when Janice Mancuso presented the concept of The Osler Symposium.

Is there an online course available?
No. There are some things you simply can’t get from the Internet and social networking. You have to be present!

In Personal Best, when recounting a teaching experience at a medical school in the Midwest where the students were in a remote location, George Sheehan, MD wrote, “I wanted my listeners in front of me. I wanted eye contact and the contact of personalities that goes with it. I wanted the rapport between audience and speaker that stimulates both thought and actions. And I wanted the intimacy that makes for an experience that lives forever in memory.”

Why should I take 3-5 days away from home and work to attend this conference?
You deserve this experience. You owe it to yourself, your family... and your patients.

In a 2006 interview, Rachel Naomi Remen, MD (bestselling author and Clinical Professor of Family and Community Medicine at UC San Francisco School of Medicine) said: “…More and more physicians report that they have lost a sense of the meaning and satisfaction in their work... it’s stressful to compromise your values on a daily basis. Over time, something begins to die in you, perhaps the very thing that brought you into medicine in the first place.”

“Forming genuine community based on meaning and shared values may be the best way for physicians to remember a sense of meaning and integrity in our work. When we talk about a community, we are not talking about something abstract. We’re talking about groups of people getting together in a face-to-face way that makes shared meaning and values visible. That strengthens everyone in the room. Such genuine communities can eventually have influence on political and economic forces.”

Will the Osler Symposium cure my burnout and disillusionment with medicine?
Even though an attendee proclaimed at the conclusion of the 2011 conference that his “burnout was cured,” we cannot guarantee that outcome. We can, however, assure you that you will gain knowledge and wisdom about how to balance your lives, and that you will return to work with renewed—and sustainable—resolve. And you will know that you are not alone.

What are the future goals of The Osler Symposia?
Because of the crisis and projected shortage of thousands of doctors, we can’t afford to keep losing physicians currently caring for patients. As The Osler Symposia grow, they will help counteract the many conferences that promote non-clinical alternatives to practicing medicine. Goals include:

- Two conferences in 2013: May in Colorado and October in San Diego
- Development of 1-2 day retreats for medical schools, state and local medical societies, and other professional organizations to offer their faculty and membership
- Creation of an online “meeting place” for Osler Symposia alumni to gather between conferences
- Launch of international service trips under The Osler Symposia banner, especially for doctors who have never known the intangible rewards of such experiences, i.e. providing good medical care without the paperwork, bureaucracy and fear of litigation confronted daily

* (Golden, RL. William Osler’s medical ethics in the 21st century. IJME. Vol IX, No 1, 62-63.)
other healthcare professionals regain balance
part of the process of helping physicians and
We believe Lee Lipsenthal will continue to be
this process for many physicians, students and
serving others. I am very happy to be part of
career choices, we can use our training to its
burnout are abysmal and our joy in practice
concerned about our well-being as a group
“As a physician who has practiced medicine
will forever be grateful that this quintessential
2011. He was a pioneer in the field of physician
speak at the Inaugural Osler Symposium in May
We were indeed fortunate to have Dr. Lipsenthal
reports of physician and nursing burnout are on the rise.
practiced a different way in Alaska and I wanted to get back
to that. So I have stepped off the gerbil wheel and it feels
great. I am a doctor again, practicing medicine instead of feeling like a machine that is churning out 99213s and
The statistics on physician
career of medicine. The statistics on physician
and has run a research institute, I am most
about our well-being as a group
If we are going to talk about burnout, we have to talk about these two. The second one is, ‘What does it feel like to be
I had practiced medicine a different way in Alaska and I wanted to get back
to that. So I have stepped off the gerbil wheel and it feels
great. I am a doctor again, practicing medicine instead of feeling like a machine that is churning out 99213s and
As a physician who has practiced medicine
has plummeted. I believe that these issues
career choices, we can use our training to its
most essential doctoring skill we can practice.’
many years, Author, Aware, Awake, Alive
A Contemporary Guide to the Ancient
Practitioner of Integral Health and Human
Flourishing, Martha’s Vineyard, MA
In Aequanimitas, Sir William Osler gives us
guidelines for the proper education of a physician. First, he speaks to us about education in the understanding of
disease and remedies. Then, most importantly for the modern
day physician, he speaks about the education in ‘knowing our self.’ Together, these two educations transform a physician into a
fully-developed healer. After my formal medical education I practiced full-time internal medicine for 21 years. I then began
my second medical education amongst the wisdom traditions of Asia. In my pre-conference program I will share
with you the traditional understandings and methods that lead to a self-education in mind and spirit. The integration of
an ‘outer’ and ‘inner’ education is what ultimately leads to
the development of a master physician and a fully-awakened
healer, the Oslerian vision of the ‘true’ healer-physician.”

Wadie Najm, MD, MScE
Clinical Professor, Family Medicine
and Geriatrics, Medical Director, Susan
Samueli Center for Integrative Medicine,
University of California, Irvine School of
Medicine
“We all enter the field of health care because
care and what it means to make personal health a priority.
Our values in medicine are too important to end up a victim
of the present biases of the health care system. It is crucial
that we preserve our principal professional values. We cannot
accomplish this without preserving ourselves as people and
as healthcare practitioners.”

Chris Searles, MD
Associate Clinical Professor of Family
Medicine and Psychiatry; Program
Co-Director, Combined Family Medicine
and Psychiatry Program, University of
California, San Diego School of
Medicine; Director of Clinical Outreach,
St. Vincent de Paul Village;
Founder, RecreationRx.org
“Resiliency comes from protecting and nurturing our
humanity in the face of a medical education and career.
We strive so hard and for so long that we often sprint through the
everyday moments that might remind us of who we are, and
why we chose the white coat—or more often, why it chose us.
Finding ways to find ourselves along the way is perhaps the
most essential doctoring skill we can practice.”

Zubin Damania, MD (aka ZDog MD)
Clinical Hospitlist, Humorist,
Videomaker and New Urbanist,
Adjunct Clinical Assistant Professor of
Medicine, Stanford Hospital and Clinics,
Palo Alto, CA
“As a medical student, I was once told by an
attending physician, ‘You speak, and then think. I want you to
rever that. Or better yet…just think.’ Needless to say, I have
yet to heed his advice. I’m a hospitalist and humorist striving
to mash medicine, music, and mayhem in an attempt to educate
and entertain. ‘Yo burnout, you’d better watch your back!’”

Michelle DuVal, MA
Owner, The Mindful Center; Director,
Mindfulness Based Stress Reduction,
University of New Mexico Center for Life
andPresbyterian Healthplex;
Albuquerque, NM
“Many people regard stress as a natural state
of existence, but it doesn’t have to be that way. Through the
practice of Mindfulness Meditation, we can train the mind
to come into direct experience with our stress and suffering…
and in so doing, transform it completely. We learn to witness it in
its purest form—as a construct of the mind—thereby reducing
its power over us and the toll it takes on our health and well-
being. We can learn how to live again, instead of simply just
getting by.”

Nita Gage, PhD, CSAC
Psychotherapist, teacher and retreat
facilitator; Co-Founder, Neuroimaginal
Institute (with Lee Lipsenthal, MD); Executive Director (former), American
Board of Integrative and Holistic
Medicine; Instructor, Cambridge
University, Cambridge, England
“Out of love for Lee and respect for all physicians and healers,
I am continuing to offer the profound work Lee Lipsenthal and
I created—The Healer Within. By providing a platform and
environment that allows for expanded awareness through
Neuroimaginal™ experiences, expanded consciousness
results. In Lee’s words, ‘…we all have God or Spirit and the
shaman within us. We just need to begin to practice, to
scratch away at the old Neuroimaginal world we have created
and build ourselves a new home.’ (From Enjoy Every Sandwich: Living Each Day As If It Were Your Last)”

Murat Akalin, MD, MPH
Family Medicine & Psychiatry Practice,
Mammoth Lakes, CA
“I am a family physician and psychiatrist
working in a geographically isolated moun-
tain and rural community in California. Medi-
cine is my passion, and also my vehicle for
spiritual and emotional growth. I believe that with careful
attention to the process, the practice of medicine can help us
evolve as human beings, and bring us closer to realizing our
authentic self.”

W. Murray Buttnner, MD
Solo Practice, Quiet Corner Family
Practice, Pomfret, CT
“I was tired all the time and didn’t like
rushing in and out of rooms, seeing people
for about six minutes and spending more
time on the computer than with patients.
I was coming home every night and doing several hours
of charts—and this was for billing, not for patients. I had
practiced medicine in a different way in Alaska and I wanted to get back
to that. So I have stepped off the gerbil wheel and it feels
great. I am a doctor again, practicing medicine instead of feeling like a machine that is churning out 99213s and
99274s. The patients seem to really appreciate what we are
doing. I think Dr. Osler would approve, too!”

Elliott Dacher, MD
Practiced full-time internal medicine for
20 years, Author, Aware, Awake, Alive
A Contemporary Guide to the Ancient
Practitioner of Integral Health and Human
Flourishing, Martha’s Vineyard, MA
“In Aequanimitas, Sir William Osler gives us
guidelines for the proper education of a physician. First, he speaks to us about education in the understanding of
disease and remedies. Then, most importantly for the modern
day physician, he speaks about the education in ‘knowing our self.’ Together, these two educations transform a physician into a
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the development of a master physician and a fully-awakened
healer, the Oslerian vision of the ‘true’ healer-physician.”

Faculty & Storytellers
strangers that sit down to dinner on October 20th will feel like than a Grandma’s Beans dinner! I imagine the group of a ‘family.’ What better way to begin each Osler Symposium nonetheless.) Grandma’s Beans became the metaphor for a anyone required to bring food, cook or clean... (But they did, finest culinary hour thus far was ‘Grandma Beans,’ a week- developed, so has our ability to cook and direct feasts. Our by military mass food preparation, studying the civilian sponsorship of this national medical conference. I consider tangible asset—a donated van from which we did outreach—  present for one another.”

“Of how I have tended my life and person. I truly believe that everyone—parents, teachers, lovers and friends—is called to be a healer.”

“Although all good physicians are grounded in the teachings of science, the practice of medicine remains magical for me. It is the mystery, the wonder, the complexity, the uncertainty and even the occasional vexation that make it endlessly enriching; the opportunity for exploration and service to our fellow travelers through life that make it a joy. I was accepted to medical school 40 years ago and believed myself to be the luckiest person in the world. Today I am more certain than ever that I am.”
"Eating alone will not keep a man well; he must also take exercise. For food and exercise, while possessing opposite qualities work together to produce health." These are wise words credited to none other than Hippocrates who gave this advice in his book, *Regimen in 400 B.C. Since then, multiple research studies have proven what Hippocrates already knew, that regular exercise is the best thing you can do for your health. Exercise really is like a medication that can benefit your health in so many ways. Beyond the proven direct health benefits, we also know that exercise is very important in helping you manage your weight and for your mood and sense of well-being. All of us look and feel better when we exercise regularly. If we had a pill with even a fraction of the proven benefits of exercise, it would be the most widely prescribed and consumed drug ever. And all it takes is moderate exercise, like a brisk 30-minute walk 5 days each week or something equivalent. It's time we all started prescribing the 'exercise pill' to our patients and taking it ourselves if we are not already doing so!"

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"Thank you... For enduring a rigorous education and training/ For going without sleep, breaks or proper nutrition/ For tolerating dishonesty and false accusations/ time away from your loved ones/ For persevering in the face of mounting obstacles/ For being a rudder when there was no shore/ Thank you. Thank you. Thank you. Thank you."

Hal Pashler, PhD
Professor of Psychology, University of California, San Diego

(DePashler is a professor of Psychology and Cognitive Science at the University of California, San Diego, and an expert on human attention, learning, and multitasking.)

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"Daddy, hang up," said Milo. He was 27 months old. My son felt sufficiently cheated of my attention when I was on the cell phone to dedicate one of his precious few and new sentences to encouraging me to disconnect. I wrote a series of articles called 'Your Brain On Computers,' about how heavy technology use impacts how we behave – and changes our focus, performance, interactions with others. Some of the emerging science has hit home. It's caused me and my wife, a neurologist, to think acutely about the way we relate to others. Some of the emerging science has hit home. It's caused me and my wife, a neurologist, to think acutely about the way we relate to others. Some of the emerging science has hit home. It's caused me and my wife, a neurologist, to think acutely about the way we relate to others.

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"Thank you. For sacrificing time away from your loved ones. For persevering in the face of mounting obstacles. For being a rudder when there was no shore! Thank you. Thank you. Thank you. Thank you."

Hal Pashler, PhD
Professor of Psychology, University of California, San Diego

(DePashler is a professor of Psychology and Cognitive Science at the University of California, San Diego, and an expert on human attention, learning, and multitasking.)

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"As I turn sixty, I have had the opportunity to see a generation of people come in to medicine that approach things so differently than I do. I am not sure that is bad but it certainly is different. I expect that the discussion at the meeting will center on how different practitioners approach the increasingly complex relationships that are required in medicine today."

Thomas Scalea, MD
Physician-in-Chief, R. Adams Cowley Shock Trauma Center; Francis X. Kelly Professor of Trauma Surgery; Director, Program in Trauma, University of Maryland School of Medicine

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"Med students are like bright-eyed stem cells, with application essays focused on the 'I just want to help people' theme. We differentiate in the four-year grinder and choose whom we might want to help. We differentiate further through residency and some of us emerge energetic, empathetic, and altruistic. Others emerge angry, resentful, 'malignant.' Some can barely wake up for work. I've been all of these. The Osher Symposium are social stem cell research conferences, to help us rediscover our bright-eyed days."

Sam Shlissman, MD
Emergency Physician and Social Psychologist; Founder, Endorphin Power Company; Albuquerque, NM

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"The very first day of my internship I was in the midst of admitting patients, prescribing medications, and ordering tests, when I received a STAT page. I was ordered to report to the radiology department to get a mandatory chest x-ray required of all new employees. No exceptions. I was led to a small changing room and told to put on a hospital gown. As I slipped out of my crisp new white coat, I immediately began to be aware of an unsettling loss of power. I puzzled over how to put the gown on. Should I leave my pants on? Should I wait in the dressing room or venture partially clothed into the waiting area? I decided to wait. After several minutes I began to notice drops of sweat trickling down under my arms. After 10 minutes I ventured out and found the technician who said, 'Oh gee, I completely forgot you were in there.' I realized that if I could be transformed from a self-confident, young physician to an uncertain, sweaty mess with something as relatively benign as a chest x-ray, then what must the complex and terrifying medical experience be like for my patients? I vowed to commit myself to preparing and engaging my patients as partners in care, attending to their minds and emotions as well as their bodies. I have often reflected that being sick oneself can be irrevocably sensitizing and transformative for caregivers themselves. The world looks very different lying in a hospital bed or perched on an exam table. And the heart sounds very different from the other end of the stethoscope."

David Sobel, MD
Regional Director, Patient Education and Health Promotion, The Permanente Medical Group, Inc; Kaiser Permanente Northern California; Author, The Healing Brain, Healthy Pleasures and the Healthy Mind, Healthy Body Handbook; Living a Healthy Life with Chronic Conditions

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"A Tibetan Lama's Guidance for Caregivers: President-Elect, International Society of Travel Medicine; Medical Director, The CIWEC Clinic Travel Medicine Center, Kathmandu, Nepal (1983-1998); Medical Editor for the CDC's Health Information for International Travel (the Yellow Book); Jackson Hole, WY"

Johanna Shapiro, PhD
Professor of Family Medicine, Director, Program in Medical Humanities & Arts; Faculty Advisor, Plexus: Journal of Arts & Humanities; University of California, Irvine School of Medicine

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"So many of us are searching for something more. We have the successful career, the house, the family, yet we feel an emptiness inside. Where is that sense of joy in being, the love and gratitude for life? We don't need to know life; we need to feel the awe of being alive. As physicians we are so good at using our mind and intellect. However, we can't get to that 'something more' through the mind or find it elsewhere. We must go through the heart."

Karen Van Hoesen, MD
Clinical Professor of Emergency Medicine, UC San Diego Health System; Director, UCSD Diving Medicine Center; Flying Samaritans Volunteer Physician; San Diego, CA

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"When a person is sick and frightened, he or she will turn to the physician—it's listening with a genuinely compassionate attitude. Listening with the desire to discover the cause of the patient's suffering, and to try to relieve it. Not all diseases can be cured, but every person's suffering can be made less severe. Compassion is a very clean and clear emotion, and it creates a rudder when there was no shore/ Thank you. Thank you. Thank you."

Robert Sallis, MD
Chair, Exercise Is Medicine, Past-President, American College of Sports Medicine; Co-Director, Sports Medicine Fellowship; Kaiser Permanente Medical Center, Fontana, CA; Associate Clinical Professor of Family Medicine, UC Riverside/UCLA Biomedical Sciences Program
### SUNDAY, OCT 21

**RETURN TO WELLNESS – SELF CARE**

“... rest, food, fresh air, and exercise – the quadrangle of health.”

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:30-8:15am</td>
<td><strong>MORNING EXERCISE</strong></td>
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<tr>
<td>8:15-9:00am</td>
<td><strong>BREAKFAST</strong></td>
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<tr>
<td>9:00-9:45am</td>
<td><strong>THE BODY</strong></td>
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<tr>
<td>9:45-10:30am</td>
<td><strong>Garden of Wellness: Food and Nutrition</strong></td>
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<tr>
<td>10:30-10:50am</td>
<td><strong>Q&amp;A and Discussion:</strong></td>
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<tr>
<td>10:50-11:05am</td>
<td><strong>BREAK</strong></td>
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<tr>
<td>11:05-11:50am</td>
<td><strong>THE MIND</strong></td>
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<tr>
<td>11:50-12:35pm</td>
<td><strong>Mindfulness Meditation for Health, Healing</strong></td>
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<tr>
<td>12:35-1:00pm</td>
<td><strong>Q&amp;A and Discussion:</strong></td>
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<tr>
<td>1:00-4:30pm</td>
<td><strong>BOX LUNCH &amp; PLAY</strong></td>
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<tr>
<td>4:30-5:45pm</td>
<td>Breakouts Session A</td>
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<tr>
<td>5:45-7:00pm</td>
<td>Breakouts Session B</td>
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<tr>
<td>7:00-8:30pm</td>
<td>DINNER (on your own)</td>
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<tr>
<td>8:30-10:00pm</td>
<td>An Evening of Burnout Prophylaxis:</td>
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<td>Slightly Funnier than Placebo</td>
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<td>ZDoggMD</td>
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**Sunday:** Max of 7.25 AMA PRA Category 1 Credits™

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### MONDAY, OCT 22

**BALANCE**

“... the more you see of life outside the narrow circle of your work the better equipped you will be for the struggle.”

<table>
<thead>
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<td><strong>BREAKFAST</strong></td>
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<td>9:00-9:45am</td>
<td><strong>THE HEART</strong></td>
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<tr>
<td>9:45-10:30am</td>
<td>Medical Marriages and Other</td>
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<td>Intimate Relationships</td>
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<tr>
<td>10:30-10:50am</td>
<td><strong>Q&amp;A and Discussion:</strong></td>
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<tr>
<td>10:50-11:05am</td>
<td><strong>BREAK</strong></td>
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<tr>
<td>11:05-11:50am</td>
<td><strong>THE SPIRIT</strong></td>
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<tr>
<td>11:50-12:35pm</td>
<td>Spirituality, Healing, and Science</td>
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<tr>
<td>12:35-1:00pm</td>
<td><strong>Q&amp;A and Discussion:</strong></td>
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<tr>
<td>1:00-4:30pm</td>
<td><strong>BOX LUNCH &amp; PLAY</strong></td>
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<tr>
<td>4:30-5:45pm</td>
<td>Breakouts Session C</td>
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<tr>
<td>5:45-7:00pm</td>
<td>Breakouts Session D</td>
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<tr>
<td>7:00-8:30pm</td>
<td>DINNER (on your own)</td>
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<tr>
<td>8:30-10:00pm</td>
<td>Endorphins Event! – Helpers High...</td>
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<td></td>
<td>The Healing Power of Doing Good</td>
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<td></td>
<td>Luks</td>
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**Monday:** Max of 7.25 AMA PRA Category 1 Credits™
Inaugural Lee Lipsenthal Lecture

Finding Balance in a Medical Life™

Lee Lipsenthal profoundly touched all who attended the inaugural Osler Symposium in 2011. To honor Lee and the role he played in setting the standard of excellence for future Osler Symposia, we have established a lecture in his name. We are honored that Dr. Dean Ornish—Lee’s mentor, colleague, friend and “brother”—accepted our invitation to present the first Lee Lipsenthal Lecture. In the foreword of Lee’s book titled for the program he created—Finding Balance in a Medical Life—Dean wrote: “Lee is a doctor’s doctor who embodies the best qualities of a physician—keen intellect, excellent clinician, compassionate friend, and clear communicator.” Lee focused on the life-changing aspects of Love and Gratitude in his work—the Lee Lipsenthal Lecture will as well.

ACCREDITATION:

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the University of California, San Diego School of Medicine and the Endorphin Power Company. The University of California, San Diego School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

AMA:
The University of California, San Diego School of Medicine designates this live activity for a maximum of 44.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP:
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

AAPA:
Accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME to grant Category 1 credit.

BRN:
For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credits™ issued by organizations accredited by the ACCME. For the purpose of relicensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credits™ (report up to 44.0 hours of credit and list “CME Category 1” as the provider number).

NOTE:
Osler Symposium (main conference) – maximum 26.5 AMA PRA Category 1 Credits™.

CULTURAL AND LINGUISTIC COMPETENCY:

This activity is in compliance with California Assembly Bill 1195 which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency. Cultural competency is defined as a set of integrated attitudes, knowledge, and skills that enables health care professionals or organizations to care effectively for patients from diverse cultures, groups, and communities. Linguistic competency is defined as the ability of a physician or surgeon to provide patients who do not speak English or have limited ability to speak English, direct communication in the patient’s primary language. Cultural and linguistic competency was incorporated into the planning of this activity. Additional resources on cultural and linguistic competency and information about AB1195 can be found on the UCSD CME website at http://cme.ucsd.edu.

DISCLOSURE:

It is the policy of the University of California, San Diego School of Medicine to ensure balance, independence, objectivity and scientific rigor. All persons involved in the selection, development and presentation of content are required to disclose any real or apparent conflicts of interest. All conflicts of interest will be resolved prior to an educational activity being delivered to learners through one of the following mechanisms: 1) altering the financial relationship with the commercial interest, 2) altering the individual’s control over CME content about the products or services of the commercial interest, and/or 3) validating the activity content through independent peer review. All persons are also required to disclose any discussions of off label/unapproved uses of drugs or devices. Persons who refuse or fail to disclose will be disqualified from participating in the CME activity.

OBJECTIVES

At the end of this CME activity, participants should be able to: • Describe key personal and group behaviors and barriers leading to a stressful practice and burnout. • Determine the aspects of their personality and behavior that help or hinder their progress, personal growth and patient care. • Review the nature of stress for healthcare practitioners. • Recognize and utilize available resources and support groups to enhance wellness. • Develop personal, practice and environmental changes to support the priority objectives of a wellness program. • Acquire tools to modify their stress responses and better manage internal and external stress. • Prepare a successful personal wellness program that will create a culture of health and well-being and facilitate lifestyle behavior change and growth.

SUPPORTERS

We welcome financial support for this CME activity in the form of educational grants and exhibits. For information about grant support and exhibits, please contact Janice Mancuso at: Email: janice@endorphinPower.org Phone: 505-506-4496 Fax: 505-266-3695 OslerSymposia.org
SUNDAY, OCTOBER 21—SESSIONS A & B
Each session is offered twice

APPLYING THE NEW SCIENCE OF HAPPINESS
David Sobel, MD, MPH
Are happier people healthier? When can you be happier?
Can money increase happiness (hint: yes and no)? How can
“savoring the small stuff” enhance well-being? How can
you, your family and your patients apply the new science
to be measurably happier and healthier? Dr. Sobel will
discuss these questions and facilitate the discussion which
is sure to follow.

FOOD AS MEDICINE: HOW TO MAKE IT REAL
Deanna Minich, PhD, FACN
Food provides more than just calories. If we are open to it, it
can provide us with an experience to integrate mind, heart,
and spirit. Come learn the 7 steps to making food and eating
the gateway to nourishment for all aspects of your life!

COUSING STRATEGIES AND NUTRITION IN
THE WORKPLACE — Jane Lemaire, MD
Please join Dr. Lemaire to hear about the various types of
coping skills used by physicians, and how these coping
strategies may relate, either positively or negatively, to
emotional exhaustion. In addition, the impact of poor
workplace nutrition upon physician wellness and cognitive
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MINDFULNESS MEDITATION: AN INTRODUCTION TO
THE PRACTICE — Michelle DuVal, MA
Uniquely logical, evidence-based, and non-religious, this
session will reveal how the skill of mindfulness meditation
can empower an individual to be happier, healthier and
less stressed out. Part educational, part experiential,
Michelle DuVal demystifies meditation from something
distant or “out there” to something profoundly personal
and practical. Infused with humor and real-life experiences,
this session will be filled with engaging personal stories,
the latest scientific research on the mind/body/brain and a
proven methodology to tie it all together.

CRITICAL MASS AND THE REFORMATION OF
MEDICINE...IT’S TIME — Edwin Leap, MD
In this interactive session, Dr. Leap will begin by making
some brief parallels about the Protestant Reformation,
and why men like Luther and Calvin thought it necessary (not
to end the church but make it better). Participants will be
asked what things they believe need to be changed so
that medicine can have a “reformation” of its own. Using
low-tech flip chart and markers, a “list of theses” will be
created along with simple suggestions for change. At
the end, Dr. Leap will take those, create a document and
give it to everyone so that they can go and “nail it to the
door of the cathedral” by delivering it to administrators,
legislators and colleagues. “This will be an enjoyable, even
entertaining, exercise where everyone comes away with
some ownership of the project.”

KEEP CARING WITHOUT GIVING UP: THE MAGIC OF
MOTIVATIONAL INTERVIEWING
Murat Akalin, MD, MPH
Tired of working with patients to change their behaviors
and getting nowhere? Are you willing to consider changing
your own fundamental stance toward patients and their
health behaviors? If so, Motivational Interviewing can help
both you and your patients. Motivational Interviewing relies
on principles of Radical Acceptance and draws
on principles of Mindfulness to create an entirely new way
of working with patients engaged in unhealthy behaviors.
Smoking, substance abuse, alcoholism, sedentary lifestyle,
exteating, treatment non-adherence: all of these
common and chronic problems can be addressed more
effectively—and with more personal satisfaction and joy
for the physician—through Motivational Interviewing...a
technique that has the power to breathe new life into some
of your most draining clinical encounters.

MEDICAL MARRIAGES AND OTHER INTIMATE
RELATIONSHIPS — Michael Myers, MD
This breakout session will be entirely interactive and will
build on key points covered in the didactic lecture. There
will be two educational events. First, using disguised and
composite examples of medical couples from my practice,
I will engage the participants in group dialogue and
creative problem-solving. Second, role plays of common
challenges in doctors’ marriages will also be used, this is
more experiential and usually a lot of fun.

PRACTICAL ATTACHMENTS: 3 SKILLS FOR BOND-
BUILDING — Kai MacDonald, MD
Social neuroscience, in exploring the neurobiology of
human bonds, can inform a meaningful medical practice.
This workshop will strike a balance between a
lively review of the social neuroscience of empathy and
the implementation and practice of bond-building skills
drived from this field. Participants will leave with three
neuroscience-informed skills to anchor connections with
patients in the social and relational brain.

REFLECTIVE WRITING AND HEALING
Johanna Shapiro, PhD
In this session, we will first briefly explore the goals of
reflective writing, including deepening understanding
of other perspectives, finding meaning, and identifying
transformative and confirmatory learning. We will then
practice different forms of reflective writing such as point-
view writing, letter-writing, and mindful writing.

TUESDAY, OCTOBER 23—SESSIONS E & F
Each session is offered twice

DIRECT PRIMARY CARE (OR RETAINER MEDICINE):
PRACTICING MEDICINE THE WAY WE THOUGHT WE
WOULD — Murray Buttner, MD
Direct Primary Care is an option to consider for those who
are unhappy working in our third-party payer system. It’s
certainly worth exploring before leaving clinical medicine
altogether. Dr. Buttner, a practicing family doctor who
took the plunge, will lead an open discussion of practicing
THE DOCTOR AS SPIRITUAL GUIDE – Thomas Moore

In the ordinary Western mindset, a doctor takes care of the body and others tend to the psyche and spirit. But you can’t split a person into parts that way. A patient’s spirituality is always implicated in illness, maybe more so than in other parts of life. Patients often look to the doctor for spiritual guidance, correctly understanding that you can’t tend a human being’s suffering and leave out the spirit. A doctor may think that the spiritual is not within his purview or that she isn’t qualified to address it. In this session, doctors will be encouraged to find in themselves to speak to spiritual concerns of patients at least in a small way, and guidance will be offered to help doctors prepare themselves for this aspect. Thomas Moore will call to mind physicians in other cultures who are necessarily spiritual guides. Besides, if a doctor were to speak to the spirit and soul as well as the body, the doctor would have a much richer experience and would be less likely to suffer a setback in morale. In other words, it would be good for patients and doctors alike.

MEDICAL VOLUNTEERISM 101: GIVING BACK – PLANNING YOUR SERVICE TRIP

Karen Van Hoesen, MD

For the person who has everything, what do you give to yourself and the rest of humanity? We finally have obtained the successful career, the house, and the family, and yet we feel an emptiness—that emptiness is service, the need to give back to humanity. But you don’t know where to look to start to volunteer your time and talent? In this workshop we will explore that inner desire to give back, how to fulfill that need for service and your options for volunteering both locally and abroad. “Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received, and let us not be ashamed or slow to do the humble work.” Mother Teresa

MEDICINE AND COMPASSION – David Shlim, MD

In our culture, compassion is often viewed as a character trait, something that can’t be increased or decreased very much. In medicine, we encourage compassion, but there is no tradition of actually training to increase one’s capacity for compassion. In this workshop, we will explore the nature of compassion, by investigating whether it is something intrinsic to our very nature, or something that has to be added. In Tibetan Buddhist philosophy, compassion is said to be our natural state of mind, and we are naturally more compassionate when our mind is relaxed. Training in compassion is based on removing the obstacles that obscure our natural compassion. Meditation, in the Tibetan Buddhist tradition, is not simply a way to gain a moment’s relaxation: it is an active exploration of our own consciousness, including the nature of thoughts and emotions. This allows us to cultivate a way to let go of our own disturbing emotions. The result is a natural and more effortless ability to focus on relieving the suffering of others. This workshop will explore compassion both philosophically and through an introduction to meditation.

AN EXPERIENTIAL TRAINING IN MEDITATION, MIND TRAINING, AND INNER DEVELOPMENT: PRINCIPLES AND PRACTICES OF OPTIMAL HEALTH & HUMAN FLOURISHING

Friday, October 19th, 9:00am–5:00pm & Saturday, October 20th, 8:00am–12:00pm

$345, includes syllabus, breakfasts (Fri & Sat) and lunch (Fri)

CME Credits: 10.5 AMA PRA Category 1 credits

There is an extraordinary state of well-being which exists within each and every one of us. It is an authentic and enduring state of serenity, happiness, wisdom, and freedom. It is the crowning achievement of human development, and achievement which is gained through inner development and the expansion of consciousness. For millennia and across diverse cultures wise healers have expressed this view. Why is this possible? The answer is simple. The most profound health is a state-of-being rather than the state of our biology. The ancient Greeks called this Eudaimonia. In modern times we call this “human flourishing.”

This 2-day intensive, experiential program will provide participants with a base of knowledge and a series of time-tested practices that promote integral health and human flourishing. The sessions will draw upon traditional approaches to inner development that emphasize study, reflection, meditation, mind training, and ongoing mentoring. At the conclusion of this program participants will have the necessary knowledge to integrate these practices into daily life and progressively into professional practice. NOTE: No prior experience in meditation is necessary—only a willingness to learn.

Presented by: Elliott Dacher, MD

Dr. Dacher practiced full-time internal medicine from 1975 to 1996. In 1996 he left his medical practice to begin an in-depth study of the theories, methods, and practices of consciousness and health— an ongoing study of the sublimest mind/body medicine which he pursued for many years amongst the wisdom traditions of Asia. He is the author of Awake, Alive: A Contemplative Guide to the Ancient Practice of Integral Health and Human Flourishing, Integral Health, Whole Healing, and Intentional Healing. Dr. Dacher is a past Fellow of the Institute of Noetic Sciences and a frequent presenter and seminar leader.

FINDING BALANCE THROUGH YOGA AND BREATHING: AN INTENSIVE WORKSHOP

Friday, October 19th, 4:00–9:00pm & Saturday, October 20th, 8:00am–12:00pm

$225, includes syllabus, dinner and breakfast

CME credits: 7.5 AMA PRA Category 1 credits

The demands on physicians to care for the increasingly chronically ill and chronically stressed patient population are getting even tougher as the problems become more complex. Doctors are expected not only to provide expert care and guidance so that patients can be speedily “returned to a state of good health.” And patients expect that this care will be delivered with patience, compassion and kindness. These are not unreasonable expectations, especially when patients are facing a difficult illness. Intense workplace pressures are challenging and can lead to burnout and “compassion fatigue.”

This 2-day workshop will teach healthcare professionals how to make time for self-care. By developing self-awareness and using yoga and long deep breathing to find new connections in mind and body, participants will learn self-guided techniques to manage everyday stressors. These techniques improve well-being, and help make it less frustrating and more rewarding to care for patients who just want to feel better, too.

During the practice sessions, participants will experience first-hand the changes in physiology that result from doing yoga and breathing exercises. We will discuss how they affect the stress response and modulate inflammatory pathways. We will also learn how these responses can be applied to clinical medicine.

Presented by: Satkirin Khalsa, MD

Dr. Khalsa has pursued an integrative medicine career since she entered medical school. Her interests in bridging the gap between eastern and western medicine can be traced back to her childhood in northern India where she began her extensive study in yoga. Dr. Khalsa completed her medical residency training at the Mayo Clinic. While there she started a partnership between the Mayo Clinic and the Southwest College of Naturopathic Medicine. Dr. Khalsa received the Mayo Clinic Natural Medicine Award in 2007.

THE HEALER WITHIN: A TRANSPERSONAL & EXPERIENCIAL WORKSHOP

Wednesday, October 24th, 8:30am–5:00pm

$195, includes syllabus, breakfast and lunch

CME credits: 7.0 AMA PRA Category 1 credits

This day will be spent exploring transpersonal experiences from historical, theoretical and experiential perspectives. The intention is to help participants access their inner healing capacity. The goal is to aid participants in understanding the depths of clinical issues for each person and therefore increase their ability to bring understanding, empathy and spiritual healing modalities to their patients. Following on the theoretical foundation of transpersonal work, the experiential sessions will ground the theory into practice.

Increasingly, the medical profession and healing professions overall are being called on to address the whole person, mind, body and spirit. The requirement for treating the spiritual aspects of the patient began to infiltrate medicine when, over 15 years ago, the Joint Commission on the Accreditation of Hospitals began to require a spiritual program of recovery for all patients.

The theoretical basis for spiritual healing has moved from the psychological and religious communities to the medical field in the last 10 years, requiring physicians and other healers to integrate spiritual awareness and healing methodologies into their practice to meet the standard of care that has emerged (Ornish, Borysenko, Pert, Grof, Ingerman).

Presented by: Nita Gage, PhD, CSAC

Dr. Gage is a psychotherapist, teacher and retreat facilitator. She co-founded and created the Neuroimaginal™ Institute with Dr. Lipsenthal, MD and Shannon Simonelli, PhD. She also co-created the “Healer Within” series of retreats with Lee (to whom the 2nd Osler Symposium is dedicated) where she teaches Neuroimaginal™ practices to physicians and other healthcare professionals. Nita also teaches stress management and personal development classes for graduate students at Cambridge University in Cambridge, England utilizing Neuroimaginal™ practices.

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 LOCATIONS, ACCOMMODATIONS, ACTIVITIES

San Diego, California

Renowned for its idyllic climate, San Diego boasts 70 miles of pristine beaches, 92 golf courses, Balboa Park—the largest urban cultural park in the US—and family attractions such as the world-famous San Diego Zoo and San Diego Zoo Safari Park, SeaWorld San Diego and LEGOLAND, CA.

Many of San Diego’s communities have charming art and design districts such as the historic Gaslamp Quarter, Little Italy, Coronado, La Jolla, Del Mar, Solana Beach, Old Town, and Hillcrest. You are also sure to find the hottest new culinary arts talents preparing award-winning meals throughout the region’s 6,400 eating establishments.

In October, you can expect mild, dry weather with temperatures ranging from 60-75°F. If your schedule allows, plan to stay an extra day to experience San Diego’s charm. For more information, visit sandiego.org.

CATAMARAN HOTEL

The Catamaran Hotel and the 2nd Osler Symposium were made for each other! Less than 10 miles from San Diego International Airport, the Catamaran—situated on Mission Bay and across the boulevard from the ocean—is nestled between Mission Beach and Pacific Beach. It is walking distance from dozens of funky and fine dining restaurants. Yet when you enter the front doors, you’ve entered a magnificent, secluded oasis. And the “Osler Symposium experience” begins.

Explore the Catamaran’s lush gardens and rare tropical plant and bird collections. Bring your rollerblades!...or walk the 7-mile path that meanders along the shoreline of Mission Bay.

Spend time enjoying the full-service Catamaran Spa and luxury health club. They offer a complete line of restorative treatments including therapeutic and meditative massages, facials and body wraps. Both the men’s and women’s locker rooms include steam and sauna rooms. The fitness facility offers a complete range of cardio and strength-training equipment, and an outdoor whirlpool offers panoramic views of Mission Bay. If you don’t already have a regular fitness program, this will be a great opportunity to start one!

The Catamaran has all the amenities you would expect at a world-class hotel:

- Complimentary wireless internet access in guest rooms & lobby foyer
- In Room—Pillow-top mattresses, laptop safes, ironing boards, irons, hair dryers, refrigerators, balcony or patio
- Complimentary beach chairs and umbrellas with secure wi-fi access
- Complimentary access to sand volleyball courts and equipment
- Complimentary access to indoor/outdoor bay front fitness center
- NO RESORT FEES!

A limited block of rooms has been reserved at a special discount rate of $139 single/double. Discounted rates apply until the reservation deadline of September 21, 2012, or until all rooms in the group block have been reserved, whichever occurs first. Once the room block has been filled, discounted group rates may not be available. We encourage you to make your reservation early. Please identify yourself as a participant of the 2nd Osler Symposium conference when phoning in your reservation—858-488-1081. You may also book your room online by visiting the exclusive web page for our group.

By staying at the Catamaran, the symposium’s host hotel, you help the Endorphin Power Company meet its contractual obligations. Please take this into consideration when making your accommodation decisions.

Overnight parking for hotel guests: $13 per day self-parking or $17 per day valet parking
Day parking for non-registered guests: $13 per day self-parking or $17 per day valet parking (no in and out privileges)

Suggested Airport Transportation: Cloud 9 Shuttle – $12 per person each way.
800-974-8885

For more information and a video tour, visit CatamaranResort.com.

ROOMMATE MATCHING

If you will be traveling alone and would like to minimize expenses by finding a person to share accommodations, please email janice@EndorphinPower.org to be added to the Roommate Matching List. The list will then be sent to you so you may contact others to make arrangements.
Fun in ‘America’s Finest City’

MISSION BAY AQUATIC CENTER

Included in the conference registration fee is an afternoon session (your choice of Sunday or Monday) of either a Surfing, Sailing, Kayaking or Stand Up Paddling (SUP) Basic Skills & SUP Yoga lesson at the Mission Bay Aquatic Center, only a 10-minute walk from the Catamaran along Mission Bay.

The Mission Bay Aquatic Center was started in 1970 by Glen Brandenburg, an SDSU student at the time. Associated Students of SDSU and UCSD Recreation assumed the lease of the old boathouse in 1973 and the Mission Bay Aquatic Center was born. Since then the Universities have built the facility into the world-renowned program it is today. Incidentally, Glen Brandenburg is still serving as the MBAC Director.

CLASS DESCRIPTIONS

Introduction to Kayaking  Have fun learning the basics you need to know to paddle a kayak safely and effectively. Using sit-on-top kayaks, we will begin by learning how to control our boats. Next we will learn some maneuvers and techniques that make kayaking more fun and safe. Then we’re off to tour Mission Bay for a chance to use our new skills. Be sure to wear clothes that you will be comfortable swimming in as we will be getting wet.

Introduction to Surfing  Southern California has been synonymous with surf and surfing. Intended as an introduction to surfing, this session will briefly discuss the fundamentals of surfing and then charge the waves of Mission Beach. Novice surfers will have the opportunity to learn the basics and experience the thrill of riding a wave in a short time. This class is designed for anyone wanting to experience the sport and get a taste of the surfing lifestyle.

Basic Sailing  This activity is an introduction to sailing in a simple single-handed boat, the Sabot. You will learn the skills necessary to harness the power of the wind to propel your boat. We start with a short classroom lecture before heading out on the-water to hone your skills.

Stand Up Paddling and SUP Yoga  Stand Up Paddling (SUP) has emerged as an easy and exciting way to combine a strong core workout with the enjoyment of being out on the water. In this fun and active experience, you will learn the fundamentals of stand up paddling including etiquette, safety, equipment, and paddling technique. Then using stand up paddleboards as a floating mat, we will practice a sequence of asanas (yoga poses) on the flat water of Mission Bay. While no prior yoga experience is necessary, this practice will challenge your individual edges of flexibility, focus, strength, and balance. We will conclude with a relaxing savasana (meditation) and finally a short paddle back to shore.

LOCATION, ACCOMMODATIONS, ACTIVITIES

Hike Torrey Pines State Natural Reserve
Saturday, October 20
8:00am–12:00pm

Join Sam Slishman and friends for an enjoyable hike on Saturday morning. You’ll return to the hotel invigorated with plenty of time to grab lunch and freshen up before the symposium begins at 1:30pm.

Torrey Pines State Natural Reserve is located within San Diego city limits and yet remains one of the wildest stretches of land on the Southern California coast! Two-thousand acres of land are as they were before San Diego was developed—with the chaparral plant community, the rare and elegant Torrey Pine trees, miles of unspoiled beaches, and a lagoon that is vital to migrating seabirds.

“The young doctor should look about early for an avocation, a pastime, that will take him away from patients, pills and potions… No man is really happy or safe without one, and it makes precious little difference what the outside interest may be—botany, beetles or butterflies, roses, tulips or iris, fishing, mountaineering or antiquities—anything will do so long as he saddles a hobby and rides it hard.”

— Sir William Osler

For more information, visit MBAquaticCenter.com.
What they said...

**WHAT THE FACULTY SAID:**

“The faculty were not only good motivational speakers, but were remarkably well-versed in the medical literature. At age 62, I think this was the first real CME program I have attended. Great access to the faculty; great ‘personal touch,’ almost like being tutored in a small group format. This program is a retreat in the best sense of the word.”

– William Norcross, MD
Clinical Professor of Family Medicine,
University of California, San Diego School of Medicine, Executive Director,
UCSD Physician Assessment and Clinical Education (PACE) Program

“Flourishing of the medical profession and of the medical professional are interlinked and directly impact the quality of patient-centered care. The first Osler Symposium was the first that I have attended that spoke to the concerns and opportunities for both.”

– Stephen Sergay, MD
Past President
American Academy of Neurology

“The Osler Symposium made me re-examine my medical life. It substantially altered the way I practice and how I approach my professional responsibilities.”

– Thomas Scalea, MD
Director of Shock Trauma Center,
University of Maryland

**WHAT THE ATTENDEES SAID:**

“I knew that if I was to continue being in my profession with all the changes we are now facing as physicians, I had to make a change. This conference grounded me again, giving me the tools to be happy and direct my life no matter what healthcare change throws my way.”

– Dianna Tolen, MD
Pediatrician, Canfield, OH

“The conference was sublime & transforming. I had my needs so fulfilled on so many levels while supported with so much science and data. There is hope that science and soul can be joined and practiced in medicine.”

– Melissa Livingston, PA-C
Austin, TX

“In this time of transition in my medical career, the Osler Symposium has helped to reinforce my core values, reinvest in my mission, and reinvigorate the strength and courage for change.”

– Jeffrey D. Miller, MD, Family Practice
Albuquerque, NM

“The Osler Symposium provides an essential step in the creation of a medical practice for the future.”

– Daniel J. Brandt, MD
Psychiatrist
Las Cruces, NM

“I learned valuable techniques to evaluate the stressors in my life and ways to handle the stress to make my life and work more enjoyable.”

– Resham Batra, MD
Pediatrics
Canton, MI

...about the Inagural Osler Symposium
## GENERAL INFORMATION

### DATES
- Pre-Conferences: Fri & Sat, Oct. 19-20
- 2nd Osler Symposium: Sat-Tue, Oct 20-23
- Post-Conference: Wed, Oct 24

### CONFERENCE LOCATION
Catamaran Hotel
3999 Mission Boulevard
San Diego, CA 92101
Toll-Free US: (800) 422-8386
Hotel Direct: (858) 488-1081
Fax: (858) 488-1387

### ENROLL EARLY!
Early registration is strongly encouraged due to limited space availability and because of early interest in and enthusiasm for the 2nd Osler Symposium.

### REGISTRATION FEES
Course fee includes lectures, breakout sessions, syllabus, Sun or Mon aquatic activity, breakfasts, lunches, Sat, Oct 20th opening dinner and Tue, Oct 23rd farewell banquet. Please see adjacent Registration Form for complete listing of fees. NOTE: Only one person eligible for CME credit with “Couple” registration.

### METHODS OF PAYMENT
You may pay by check or credit card (VISA, MasterCard, Discover). If you register online your credit card will be charged within 48 hours following registration.

### CANCELLATION AND REFUND POLICY
Written notice of cancellation must reach the Endorphin Power Company (EPC) office by Friday, September 21, in order to receive a refund, less a $100 administrative fee. After that date no refunds will be issued. In the unlikely event that this program is cancelled, EPC is responsible only for a full refund of the registration fee and not for transportation, hotel accommodations or any miscellaneous expenses.

### SPECIAL NEEDS
The Endorphin Power Company fully complies with the legal requirements of the Americans with Disabilities Act. If you have special needs, please notify EPC at least three weeks prior to the conference.

### PRIVACY STATEMENT
The Endorphin Power Company will not share any information that you provide when you register for the 2nd Osler Symposium.

### QUESTIONS – BIG OR SMALL?
Janice Mancuso
janice@endorphinpower.org
505-506-4496 – direct
505-266-3695 – fax

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## 2ND OSLER SYMPOSIUM
**DOCTORING IN THE 21ST CENTURY: EMBRACING THE CHALLENGE**

October 19-24 2012

(Please complete a separate form for each registrant or couple.)

<table>
<thead>
<tr>
<th>Name</th>
<th>First</th>
<th>MI</th>
<th>Last</th>
<th>Credentials</th>
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<tbody>
<tr>
<td>2nd Name</td>
<td>First</td>
<td>MI</td>
<td>Last</td>
<td>Credentials</td>
</tr>
<tr>
<td>(Couple’s Registration):</td>
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<tr>
<th>First Name(s) to Appear on Badge(s) (if different from above)</th>
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<thead>
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<th>City</th>
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<th>Zip/Postal Code</th>
<th>Country</th>
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<th>E-mail (required)</th>
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### A. CONFERENCE

<table>
<thead>
<tr>
<th>Fee</th>
<th>Before May 1</th>
<th>Before Aug 31</th>
<th>After Aug 31</th>
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<tr>
<td>MD or DO</td>
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<td>☐ $1525</td>
<td>☐ $1575</td>
<td>☐</td>
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<tr>
<td>MD/DO &amp; Spouse/Partner</td>
<td>☐ $2175</td>
<td>☐ $2275</td>
<td>☐ $2325</td>
<td>☐</td>
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<tr>
<td>Resident or Retired MD/DO</td>
<td>☐ $1150</td>
<td>☐ $1250</td>
<td>☐ $1300</td>
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<tr>
<td>Resident/Retired &amp; Spouse/Partner</td>
<td>☐ $1850</td>
<td>☐ $1950</td>
<td>☐ $2000</td>
<td>☐</td>
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<tr>
<td>All Others</td>
<td>☐ $950</td>
<td>☐ $1050</td>
<td>☐ $1100</td>
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<tr>
<td>All Others &amp; Spouse/Partner</td>
<td>☐ $1600</td>
<td>☐ $1700</td>
<td>☐ $1750</td>
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### B. PRE-AND POST-CONFERENCES

<table>
<thead>
<tr>
<th>Fee</th>
<th>Meditation, Mind Training... – Dacher</th>
<th>Yoga and Breathing – Khalsa</th>
<th>The Healer Within... – Gage</th>
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</thead>
<tbody>
<tr>
<td>☐ $345</td>
<td>☐ $225</td>
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<td>☐ $245</td>
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<tr>
<td>☐ $395</td>
<td>☐ $275</td>
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</table>

### C. GUEST TICKETS (non-registrants) – FOOD FUNCTIONS

<table>
<thead>
<tr>
<th>Fee</th>
<th>Opening Dinner – “Grandma’s Beans” – Sat, Oct 20</th>
<th>Farewell Banquet/Lee Lipsenthal Lecture – Tue, Oct 23</th>
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</thead>
<tbody>
<tr>
<td>☐ $_____</td>
<td>(#___ tickets @ $55 each)</td>
<td>(#___ tickets @ $70 each)</td>
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</tbody>
</table>

(One ticket included in individual reg fee; two in couple’s fee)

### PAYMENT METHOD
- ☐ Check payable (US funds) to Endorphin Power Company
- ☐ Discover Card
- ☐ MasterCard
- ☐ VISA

Acct No. ___________________________ Exp. Date (mm/yy) ___________________________ CVV2 (3 digits) : ___________________________

Name on Card ___________________________

Signature ___________________________

### TOTAL DUE $___________

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FOUR EASY WAYS TO REGISTER:

1. **ONLINE:** [www.OslerSymposia.org](http://www.OslerSymposia.org)
2. **FAX:** 505-266-3695
3. **PHONE:** 505-506-4496
4. **MAIL:** Osler Symposium Registration
   Endorphin Power Company
   509 Cardenas Dr SE
   Albuquerque, NM 87108
Thoughts On Sir William Osler & ‘Aequanimitas’

by William A. Norcross, MD

Speaking to us over the span of 123 years, extremely erudite, even in a Victorian world before radio, television, cinema, and the Internet would compromise our literary scholarship, deeply knowledgeable of the Classics as well as medicine, Osler sometimes befuddles my poor 21st century Donkey Kong brain. (Be honest; can you tell me the legend of Er the Pamphylian?)

Osler is from another era, still, like geniuses in all times, his lessons reach us with truths that are immutable. In Aequanimitas, his valedictory speech to the graduating medical students at the University of Pennsylvania in May, 1889, Osler enjoins the listener, then and now, to “cultivate…such a judicious measure of obtuseness as will enable you to meet the exigencies of practice with firmness and courage, without, at the same time, hardening ‘the human heart by which we live.’”

That is a very tall order. We are asked to master the knowledge and skills of medicine, practice them expertly in the clinical cauldron of pain, suffering, pestilence, and even death, and, as if this is not enough, remain at all times cool, compassionate, level-headed, and “of infinite patience.” He asks of us the pursuit of excellence in the most stressful of professions manifesting at all times a deep and true equanimity. I stress that it must be true, acting will not suffice.

How do we do all these things without exploding, imploding, or burning out? Ah, my friend, Osler has these answers, too, and you will discover them at the Second Osler Symposium. Until then, enjoy Aequanimitas and make plans to join us.

In full development, as we see it in some of our older colleagues, it has the nature of a divine gift, a blessing to the possessor, a comfort to all who come in contact with him. You should know it well, for there have been before you for years several striking illustrations, whose example has, I trust, made a deep impression. As imperturbability is largely a bodily endowment, I regret to say that there are those amongst you, who, owing to congenital defects, may never be able to acquire it. Education, however, will do much; and with practice and experience the majority of you may expect to attain to a fair measure. The first essential is to have your nerves well in hand. Even under the most serious circumstances, the physician or surgeon who allows “his outward action to demonstrate the native act and figure of his heart in complement extern,” who shows in his face the slightest alteration, expressive of anxiety or fear, has not his mediatory centres under the highest control, and is liable to disaster at any moment. I have spoken of this to you on many occasions, and have urged you to educate your nerve centres so that not the slightest dilator or contractor influence shall pass to the vessels of your face under any professional trial. Far be it from me to urge you, ere Time has carved with his hours those fair brows, to quench on all occasions the blushes of ingenuous shame, but in dealing with your patients emergencies demanding these should certainly not arise, and at other times an inscrutable face may prove a fortunate. In a true and perfect form, imperturbability is indissolubly associated with wide experience and an intimate knowledge of the varied aspects of disease. With such advantages he is so equipped that no eventuality can disturb the mental equilibrium of the physician; the possibilities are always manifest, and the course of action clear. From its very nature this precious quality is liable to be misinterpreted, and the general accusation of hardness, so often brought against the profession, has here its foundation. Now a certain measure of insensibility is not only an advantage, but a positive necessity in the exercise of a calm judgment, and in carrying out delicate operations. Keen sensibility is doubtless a virtue of high order, when it does not interfere with steadiness of hand and coolness of nerve; but for the practitioner in his working-day world, a callousness which thinks only of the good to be effected, and goes ahead regardless of smaller considerations, is the preferable quality.

Cultivate, then, gentlemen, such a judicious measure of obtuseness as will enable you to meet the exigencies of practice with firmness and courage, without, at the same time, hardening “the human heart by which we live.”

In the second place, there is a mental equivalent to this bodily endowment, which is as important in our pilgrimage as imperturbability. Let me recall to your minds an incident related of that best of men and wisest of rulers, Antoninus Pius, who, as he lay dying, in his home at Loriam in Etruria, summed up the philosophy of life in the watchword, Aequanimitas. As for him, about to pass flammantia moenia mundi (the flaming rampart of the world), so for you, fresh from Clotho’s spindle, a calm equanimity is the desirable attitude. How difficult to attain, yet how necessary, in success as in failure! Natural temperament has much to do with its development, but a clear knowledge of our relation to our fellow-creatures and to the work of life is also indispensable. One of the first essentials in securing a good-natured equanimity is not to expect too much of the people amongst whom you dwell. “Knowledge comes, but wisdom lingers,” and in matters medical the ordinary citizen of to-day has not one whit more sense than the old Romans, whom Lucian scoured for a credulity which made them fall easy victims to the quacks of the time, such as the notorious Alexander, whose exploits made one wish that his advent had been delayed some eighteen centuries. Deaf gently then with this deliciously credulous old human nature in which we work, and restrain your indignation, when you find your parson has trinitates of the 1000th potentiality in his wastcoat pocket, or you discover accidentally a case of Warner’s Safe Cure parson has triturates of the 1000th potentiality in his waistcoat, or you discover accidentally a case of Warner’s Safe Cure pocket, or you discover accidentally a case of Warner’s Safe Cure.

Aequanimitas

TO many the frost of custom has made even these imposing annual ceremonies cold and lifeless. To you, at

I could have the heart to spare you, poor, wearied survivors of a hard struggle, so “lean and pale and leaden-eyed with study;” and my tender mercy constrains me to consider but two of the score of elements which may make or mar your lives—which may contribute to your success, or help you in the days of failure.

In the first place, in the physician or surgeon no quality takes rank with imperturbability, and I propose for a few minutes to direct your attention to this essential bodily virtue. Perhaps I may be able to give those of you, in whom it has not developed during the critical scenes of the past month, a hint or two of its importance, possibly a suggestion for its attainment. Imperturbability means coolness and presence of mind under all circumstances, calmness amid storm, clearness of judgment in moments of grave peril, immobility, impasiveness, or, to use an old and expressive word, phlegm. It is the quality which is most appreciated by the laity though often misunderstood by them; and the physician who has the misfortune to be without it, who betrays indecision and worry, and who shows that he is flustered and flurried in ordinary emergencies, loses rapidly the confidence of his patients.

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fancies; but the more closely we study their little foibles of one sort and another in the inner life which we see, the more surely is the conviction borne in upon us of the likeness of their weaknesses to our own. The similarity would be intolerable, if a happy egotism did not often render us forgetful of it. Hence the need of an infinite patience and of an ever-tender charity toward these fellow-creatures; have they not to exercise the same toward us?

A distressing feature in the life which you are about to enter, a feature which will press heavily upon the finer spirits among you and ruffle their equanimity, is the uncertainty which pertains not alone to our science and arts but to the very hopes and fears which make us men. In seeking absolute truth we aim at the unattainable, and must be content with finding broken portions. You remember in the Egyptian story, how Typhon with his conspiators dealt with good Osiris; how they took the virgin Truth,lewed her lovely form into a thousand pieces, and scattered them to the four winds; and, as Milton says, “from that time ever since, the sad friends of truth, such as dost appear, imitating the careful search

It has been said that in prosperity our equanimity is chiefly exercised in enabling us to bear with composure the misfortunes of our neighbours. Now, while nothing disturbs our mental placidity more sadly than straightened means, and the lack of those things after which the Gentiles seek, I warn you against the trials of the day soon to come to some of you—the day of large and successful practice. Engrossed late and soon in professional cares, getting and spending, you may so lay waste your powers that you may find, too late, with hearts given away, that there is no place in your habitstricken souls for those gentler influences which make life worth living.

It is sad to think that, for some of you, there is in store disappointment, perhaps failure. You cannot hope, of course, to escape from the cares and anxieties incident to professional life. Stand up bravely, even against the worst. Your very hopes may have passed out of sight, as did all that was near and dear to the Patriarch at the Jabbok ford, and, like him, you may be left to struggle in the night alone. Well for you, if you wrestle on, for in persistency lies the secret of success; and with the morning may come the wished-for blessing. But not always, there is a struggle with defeat which some of you will have to bear, and it will be well for you in that day to have cultivated a cheerful equanimity. Remember, too, that sometimes “from our desolation only does the better life begin.” Even with disaster ahead and ruin imminent, it is better to face them with a smile, and with the head erect, than to crouch at their approach. And, if the fight is for principle and justice, even when failure seems certain, where many have failed before, cling to your ideal, and, like Childe Roland before the dark tower, set the slug-horn to your lips, blow the challenge, and calmly await the conflict.

It has been said that “in patience ye shall win your souls,” and what is this patience but an equanimity which enables you to rise superior to the trials of life? Sowing as you shall do besides all waters, I can but wish you that you may reap the promised blessing of quietness and of assurance forever, until within this life,

While preaching to you a doctrine of equanimity, I am, myself, a castaway. Recking not my own rede, I illustrate the inconsistency which so readily besets us. One might have thought that in the premier school of America, in this Civitas Hippocratica, with associations so dear to a lover of his profession, with colleagues so distinguished, and with students so considereate, one might have thought, I say, that the Hercules Pillars of a man’s ambition had here been reached. But it has not been so ordained, and to-day I sever my connexion with this University. More than once, gentlemen, in a life rich in the priceless blessings of friends, I have been placed in positions in which no words could express the feelings of my heart, and so it is with me now. The keenest sentiments of gratitude well up from my innermost being at the thought of the kindness and goodness which have followed me at every step during the past five years. A stranger—I cannot say an alien—among you, I have been made to feel at home—more you could not have done. Could I say more? Whatever the future may have in store of success or of trials, nothing can blot the memory of the happy days I have spent in this city, and nothing can quench the pride I shall always feel at having been associated, even for a time, with a Faculty so notable in the past, so distinguished in the present, as that from which I now part.

Gentlemen,—Farewell, and take with you into the struggle the watchword of the good old Roman — Aequanimitas.