

Series 4: Moving Forward after Burnout

The past few years have been challenging, with physicians facing stress and burnout while working on the frontlines of a global pandemic. In addition, physicians in Newfoundland and Labrador are facing struggles with recruitment and retention of colleagues, and increasing demands from an aging patient population with the highest rates of disease in the country.

Recognizing these strains on physicians, the NLMA has developed a virtual discussion series called *Beat the Burnout*, which focuses on the increasingly present issue of physician stress and burnout. The fourth installment of the series will focus on moving forward after burnout with presenter Dr. Murray Erlich and moderator Dr. Rebecca King.

Learning Objectives:

- Understanding what makes some individuals more prone to burnout
- Recognizing the protective factors that can help prevent burnout, or lessen its effects
- Recognizing how burnout can be an opportunity for personal renewal
- How to use changes in your mindset to create a new vision for your life
- How to take self-care very seriously so you can thrive

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Thursday, September 14

7:00 p.m. NT



Dr. Murray Erlich practised psychiatry for 27 years until his retirement from medicine in 2017. He has training in life coaching from the Adler school in Toronto and has received his coaching certification from the International Coaching Federation. Since 2017, he has devoted his coaching practice primarily to physicians, many of whom are already burnt out or are trying to prevent burnout. While practising medicine, his main area of expertise was the use of cognitive behaviour therapy in the treatment of depression and anxiety.

Dr. Rebecca King is a consultation-liaison psychiatrist with a subspecialty focus on neuropsychiatry, particularly the area of brain injury. She is a fellow of the Academy of Consultation-Liaison Psychiatry and joined Memorial University in 2019. She is currently the Learner Well-Being Network Lead for faculty discipline well-being representatives.

