Help me I can’t help myself

A Guide to Helping Angry Doctors

NAMA
Los Angeles
September 2016

Coaching for Physicians
The Leader in Specialized Coaching for Healthcare Organizations & Physicians
www.coachingforphysicians.com
A Guide to Helping Angry Doctors

Expand your services into a new growth area
Understand your new client’s needs
Learn the tools you need to help angry doctors
What makes doctors unique in anger management?

- Burnout
- Regulations
- Social skills
- Personalities
- Primitive brain
Expand your services into a new growth area

Recognize this perfect wave
Understand the drive for patient safety
Know who wants to mandate anger management
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State of Medicine Today

Addiction, Anger, Burnout, Conjugal Issues, Depression & Suicide, Esteem, Errors & Malpractice
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Understand your new client’s needs

Learn the tools you need to help angry doctors
Understand your new client’s needs

Know how to find them

Recognize the personality styles of doctors

Understand the significance of burnout in medicine
Understand your new client’s needs

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Become an advocate
Modify your anger management approach
Be yourself
Learn the tools you need to help angry doctors

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Modify your anger management approach

Be yourself
10 tips for physician anger management

- Teach them to say NO
- Start shame work late
- Use reminders but use email
- Keep homework to minimum
- Teach breathing but keep it simple
- Remind them of the anatomy & physiology of anger
- Use control issues – they are used to being in control
- Correct faulty thoughts – often rigid
- Emphasize self-care & burnout-care
- Begin with a good relationship
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