



Optimizing Physician Mental Health While Providing OMM

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Disclaimer

- ✦ I have no financial or personal relationships related to this presentation to disclose
- ✦ I am not representing RVU COM with this presentation

Objectives

- ✦ Taking On Patients' Dysfunction- How & Why
- ✦ Healthy Boundaries
- ✦ Discharging Patient's Dysfunction



Taking On Patients' Dysfunction

Examples



Physical

- ✦ Seasoned osteopathic physician
- ✦ Treating a patient with fibromyalgia using BLT
- ✦ Physician develops joint aches and fatigue



Physical

- ✦ Seasoned osteopathic physician
- ✦ Relies on physical manifestations in their own body as a guide to where dysfunction is in the patient's body
- ✦ Physician develops fatigue, pain and sleep problems



Psychological

- ✦ Seasoned osteopathic physician
- ✦ Treating a patient with depression using OCMM
- ✦ Physician developed sense of heaviness, lack of motivation, sadness



Spiritual

- ✦ Seasoned osteopathic physician
- ✦ Treating high volume of complex patient conditions
- ✦ Physician developed despair, lack of purpose, sense of meaninglessness



Frodo

- ✦ Middle aged courier
- ✦ Carrying profoundly corrupting talisman
- ✦ Courier becomes obsessive, paranoid and homicidal



Seat of the Soul

- ✦ Seasoned osteopathic surgeon
- ✦ Notes that as patient's age the thymus shrinks away
- ✦ Reasons the parallel effects of sin on the person's soul



Transference & Countertransference

- ✦ Shift of emotions
- ✦ Transference- Patient shifts emotions from others to physician
- ✦ Countertransference- Physician shifts emotions from others to the patient

Conductance

- ✦ Fulford concept of energetic beings
- ✦ Physical, emotional and spiritual conditions will manifest a particular energetic profile
- ✦ Energy can be transferred
- ✦ Emotions are a type of energy

How and
Why Does
This Happen



Differentiation

- ✦ Delineation, where one ends and other begins
- ✦ Without it, little barrier impeding dysfunction flowing from patient or environment to the physician

Poor Boundaries

- ✦ Not sure where I end and the patient/environment begin
- ✦ Not guarding the door
- ✦ Not discerning

Burnout

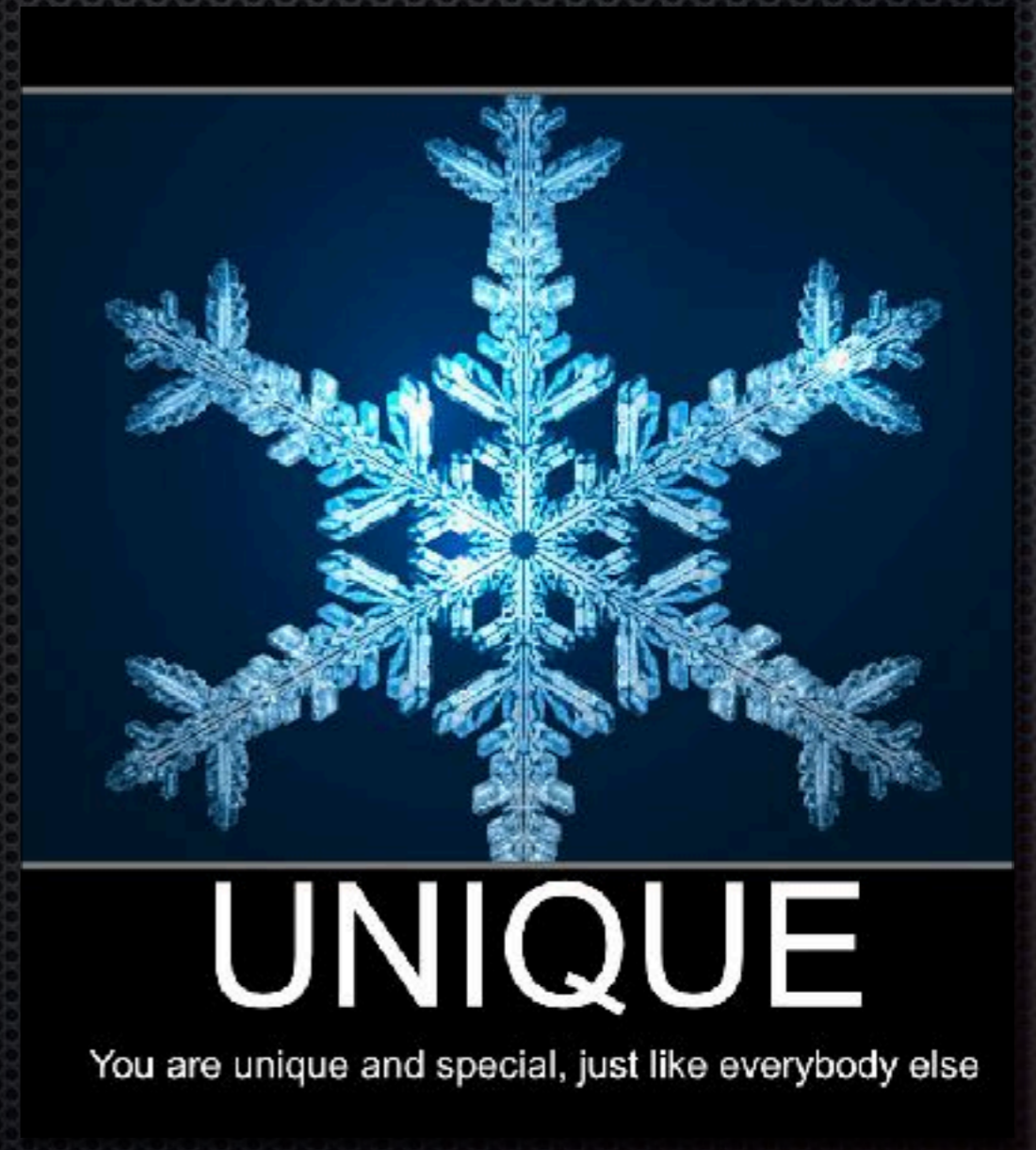
- ✦ Physician burn out is increasing
- ✦ Burn out occurs on a spectrum
- ✦ Can result from poor boundaries
- ✦ Lara Salyer DO, Right Brain Rescue

Why Does This Happen

- ✦ Ignorance
- ✦ Neglect
- ✦ Intentional
 - ✦ I am the only one who can help
 - ✦ Savior complex
- ✦ Dependency
- ✦ Identity
- ✦ Self worth
- ✦ Be needed
- ✦ Others most important

Intentional

- ✦ “I am the only one who can help”
- ✦ Feign Omniscience



Intentional

- ✦ Savior Complex
- ✦ Feign Omnipotence



Intentional

- ✦ Identity
- ✦ Care Giver Role
- ✦ Be Needed
- ✦ Feign Omnipresence



Intentional

- ✦ Sense of Worth
- ✦ Others Always More Important



How is This Dysfunctional?

- ✦ Without healthy boundaries
 - ✦ Take on what belongs to others
 - ✦ Push off our stuff on others
 - ✦ Over burdened

How to Discharge the Dysfunction



Prevention is Key

- ✦ Boundaries are foundational structure

Prevention is Key

- ✦ Me vs Not Me
 - ✦ Body, Mind and Soul
 - ✦ Thoughts and Behaviors

Prevention is Key

- ✦ Responsible For and Responsible To
 - ✦ Responsible For “Me”
 - ✦ Responsible To “Not Me”

Prevention is Key

- ✦ Gates
 - ✦ Let In Good/Healthy, Let Out Bad/Unhealthy

Prevention is Key

- ✦ Boundaries are prevention

Nutrition and Fitness

- ✦ Fuel and Maintenance for the Body Unit

Signal or Compass

- ✦ Emotions are a Signal
 - ✦ Dashboard Light
- ✦ Not a Compass
 - ✦ Direct Us Where to Go

Fulford Sink Technique

- ✦ After Each Patient
 - ✦ Make a circle with hands
 - ✦ Let faucet water run through the circle
 - ✦ Release patient's energy to the water in the circle

Diversify

- Type of Work
 - Location and/or Employer
 - Teach
- Take time off
 - Vacation, Retreats, Sabbaticals, Not Clinical
- Structure of Day
 - Alternate Clinical and Admin Time

Express Yourself

- ✦ All Work and No Play Makes Jack a Dull Boy
- ✦ Creativity in Your Environment
- ✦ Creative Outlets
- ✦ Dr Salyer Right Brain Rescue

In Conclusion

- ✦ Even experienced osteopaths can take on dysfunction
- ✦ Several reasons for taking on dysfunction
- ✦ Discharge the dysfunction, don't keep it
- ✦ Healthy boundaries are essential

The End

Questions?

God Bless You
On Your Journey

