6\textsuperscript{th} Annual Thomas Fear and Alice Morgans Fear Memorial Conference  
Department of Psychiatry, Division of Medical Education

**Ballast & Buoyancy:**  
Successfully Sailing Through Your Medical Career

**SCHEDULE**

**Friday, March 24, 2017**

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<tr>
<th>Time</th>
<th>Title and Presenter</th>
<th>Location</th>
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<tbody>
<tr>
<td>2:30pm</td>
<td><strong>REGISTRATION</strong></td>
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| 3:00pm | **WELCOME & INTRODUCTION**  
\textit{Dr. Michael Teehan, Department of Psychiatry}  
\textit{Dr. Wendy Stewart, Paediatrics and Medical Humanities H.E.A.L.S.} | Theatre A, 1\textsuperscript{st} Floor Tupper Link |
| 3:15pm | **STUDENT PERSPECTIVE**  
\textbf{Breaking the Silence on Medical Student Distress: The First Canadian Medical Student National Wellbeing Survey}  
\textit{Dr. Marlon Danilewitz, MD, University of Ottawa}  
Psychiatry Resident at University of British Columbia  
\textbf{Q&A Host:}  
\textit{Mr. Colin Boyd, Undergraduate Medical Education} | 1\textsuperscript{st} Floor, Tupper Link |
| 3:45pm | **RESIDENT PERSPECTIVE**  
\textbf{Setting Sail: Are Our Learners Starting Their Career With What They Need to Thrive?}  
\textit{Dr. Angela McGibbon, MD, PhD, FRCPC (Endocrinologist)}  
Dalhousie Medicine New Brunswick  
\textbf{Q&A Host:}  
\textit{Dr. Lyndsay Russell, Paediatrics Resident} | Theatre A, 1\textsuperscript{st} Floor Tupper Link |
| 4:45pm | **SMALL GROUP/SCENARIO TASKS**  
\textbf{Facilitator:}  
\textit{Dr. Carolyn Thomson, Family Medicine} |                     |
| 5:15pm | **LARGE GROUP DISCUSSION**  
\textbf{Facilitator:}  
\textit{Dr. Carolyn Thomson, Family Medicine} |                     |
| 6:00pm | **WRAP UP AND WHAT’S HAPPENING TOMORROW**  
\textit{Dr. Michael Teehan, Department of Psychiatry} |                     |
| 6:15pm | **BUFFET DINNER**                                                                    | Tupper Commons 1\textsuperscript{st} Floor, Tupper Link |

**Conference Objectives:**

1. Identify the types of challenges and stressors learners face during their medical training
2. Understand the impact of these challenges and stressors on the health and wellness of learners and practicing physicians
3. Consider ways in which we can change the culture of medicine to support and nurture health and wellness
# Ballast & Buoyancy: Successfully Sailing Through Your Medical Career

## SCHEDULE

**Saturday, March 25, 2017**

<table>
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<tr>
<th>Time</th>
<th>Title and Presenter</th>
<th>Location</th>
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<tr>
<td>7:30am</td>
<td><strong>BREAKFAST</strong></td>
<td>Tupper Commons 1st Floor, Tupper Link</td>
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<tr>
<td>8:15am</td>
<td><strong>RECAP OF FRIDAY’S ACTIVITIES</strong></td>
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<td>Dr. Wendy Stewart, Paediatrics and Medical Humanities H.E.A.L.S.</td>
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| 8:30am     | **KEYNOTE PRESENTATION:**  
              | *Staying Human During Residency Training: How to Survive and Thrive After Medical School*  
              | Dr. Allan Peterkin, Professor of Psychiatry and Family Medicine  
              | Director, Program in Health, Arts and Humanities  
              | University of Toronto  
              | Q&A Host:  
              | Dr. Wendy Stewart, Paediatrics and Medical Humanities H.E.A.L.S.                     |                                   |
| 9:30am     | **INTERACTIVE RESILIENCY PROBLEM SOLVING**                                         |                                   |
|            | Facilitator: Dr. Carolyn Thomson, Family Medicine                                   |                                   |
| 10:30am    | **COFFEE BREAK**                                                                    |                                   |
| 10:45am    | **PRESENTATION**  
              | *Career Long Stress: A Retrospective of Lessons Learned*  
              | Lieutenant-General (Retired) Michael Day, CMM, MSC, CD  
              | Fellow of the Canadian Global Affairs Institute  
              | Q&A Host:  
              | Dr. Joanne MacDonald, Student Affairs Office                                         |                                   |
| 11:45am    | **BRAINSTORMING AND NEXT STEPS**                                                    |                                   |
|            | Facilitator: Dr. Carolyn Thomson, Family Medicine                                   |                                   |
| 12:15pm    | **CONFERENCE WRAP UP and THANK YOU**                                                |                                   |
|            | Facilitator: Dr. David Anderson, Dean, Faculty of Medicine                          |                                   |