



# Beyond Burnout – Cultivating Hope and Humanity in Challenging Times

## *The Caring for Self While Caring for Others Series - Season Six*

*Facilitators: Harry Zeit MDPAC(C) and guest Shailla Vaidya, MD*

We know that burnout and overwhelming stress are major issues, but how much do we really know about them.

Some days, it seems as if there are far more misconceptions than facts.

We cannot change the fact that burnout is complex, and that there are no simple answers. And it's only by facing the truth of burnout – from its roots in a dysregulated autonomic nervous system to its perpetuation by broken systems and by moral and betrayal injuries – that we can find effective and enduring solutions. Physicians are known to be late in the game in identifying signs of burnout and empathy fatigue. Often it isn't until the signs of burnout take deep hold that we are ready to take action. How can we pro-actively deal with early signs of nervous system dysregulation and loss of meaning, rather than wait until we are faced with addiction, major depression or the threat of family or career loss.

Please join us to discuss these issues and how they affect us both personally and as a community.

### Learning Objectives:

1. Identify common misperceptions in medicine about the origin and physiology of burnout
2. Develop a self-care plan that recognizes early signs of burnout and implements effective change strategies.
3. Understand the nature and toll of moral injury and betrayal trauma
4. Practice somatic exercises and a guided meditation aimed at reducing empathy fatigue and stress symptoms.

Dr. Shailla Vaidya practices Mind-Body Medicine for Stress Resilience. She combines the Science of Western Medicine with the Wisdom of the Eastern Practice of Yoga to help those recovering from burnout, release, reset, and revitalize.

Dr. Harry Zeit currently works full-time practicing trauma therapy and psychotherapy. He is certified in sensorimotor psychotherapy. He previously worked as an American board-certified emergency physician in Cambridge and Toronto, Ontario, between 1983 and 2005.

Dr. Zeit is an advocate for trauma-informed and humane medical and mental health care. He is passionate about teaching and about cultivating the healing potential of traditional modalities integrated with newer somatic and neuroscience informed models

---

**Date: Wednesday, April 11<sup>th</sup>, 2018**

**Location: OMA Offices, 150 Bloor Street West, Suite 900 (NE corner of Bloor & Avenue Road)**

**Time: 7:30-9:30 PM - Please arrive early so that we can start on time.**

**Cost: No charge, courtesy of the OMA Section on Primary Care Mental Health**

**Please RSVP by phone to: 416-229-2399, ext 125 ( Ada or Anna), or via e-mail to:**

[michaelpare@rogers.com](mailto:michaelpare@rogers.com).

**For inquiries only about the Caring for Self series, contact Dr. Harry Zeit at [harryzeit@sympatico.ca](mailto:harryzeit@sympatico.ca).**

*Stay up to date about upcoming programs and interesting links about past programs by visiting [omamentalhealth.wordpress.com/](http://omamentalhealth.wordpress.com/). Please click on the “follow” key on that website so that you are regularly updated on educational programs put on by our Section.*

The views and the opinions expressed in this communication are those of the Section, District or Branch Society and may not reflect the views, policies and the opinions of the Ontario Medical Association. The Ontario Medical Association administers the distribution of Section, District and Branch Society communications but is not responsible for the contents. The OMA does not warrant the accuracy, timeliness or the completeness of the information contained in a Section, District or Branch communication.