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The Thriving Doctor (clinician)

In this podcast, Sam Manger talks with Sharee Johnson, an Australian psychologist specialising in working with doctors.¹ The content applies to all health care professionals (HCPs). She points out that HCPs are under constant time pressure and are trying to give the best (evidence-based) health care, but this can come at the cost of connection with the patient and compassion for the patient and self.

She says there are three aspects to consider:

1. Strengthening our minds through “meta-contemplative” practices, which include; mindfulness practice; loving-kindness and building compassion (for self and our patients).
2. Emotional regulation.
3. Asking for help when we need it.

This is a very useful podcast. Sharee also has a book which has just been published.²

References:

1. #146 The Thriving Doctor with Sharee Johnson. The GP Show. [View podcast page here](#)
2. The Thriving Doctor: How to be more balanced and fulfilled, working in medicine. Book by Sharee Johnson. [View here](#)

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Goodfellow Unit
The University of Auckland | Grafton Campus
22-30 Park Ave, Grafton
Auckland, Auck 1023
New Zealand