Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

The Thriving Doctor (clinician)

In this podcast, Sam Manger talks with Sharee Johnson, an Australian psychologist specialising in working with doctors. 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:

- 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:

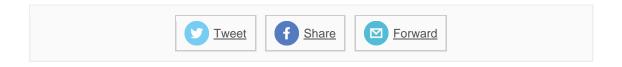
- 1. #146 The Thriving Doctor with Sharee Johnson. The GP Show. <u>View</u> podcast page here
- 2. The Thriving Doctor: How to be more balanced and fulfilled, working in medicine. Book by Sharee Johnson. <u>View here</u>



Goodfellow Symposium

March 26-27 2022 Live online event

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