**TUESDAY 21ST**

**ROOM A**

**Chair: Prof. Reidar Tyssen**  
31. Appropriate mental toughness training for medical students and clinicians. **Dr. Mark RW Stacey. UK**

9.00 Parallel Oral Presentations  
**topic 3: Personal resilience and the health of doctors**

- 50. The balance between discretion and incentive driven systems. A qualitative study on the importance of organisation of peer support for doctors in Norway. **Dr. Karin Isaksen Rø. Norway**

**10.30 POSTERS**

**Room B**

**Chair: Dr. Pilar Lusilla**  
56. How therapists react to patient’s suicide – findings and consequences for health care professionals wellbeing. **Prof. Dr. Friedrich M. Wurst. Austria**

- 6. Health for Health Professionals Wales: A national intervention to support doctors in distress: outcomes and lessons learnt one year on. **Dr. Debbie Cohen. UK**
- 26. ‘What’s Up Doc?’ Development of an occupational health and personal resilience program for junior doctors in a UK teaching hospital. **Dr. Evie Kemp. UK**

**9.00 Parallel Oral Presentations**

**Room C**

**Chair: Ms. Anna Mitjans**  
26. ‘What’s Up Doc?’ Development of an occupational health and personal resilience program for junior doctors in a UK teaching hospital. **Dr. Evie Kemp. UK**

- 34. Physicians sickness presenteeism: Safe or hazardous? **Dr. Lise Tevik Løevseth. Norway**

**11.00 WORKSHOPS**

- 54. Mental skills training for hospital physicians: to maintain or improve workability. **Mr. Martijn M. Ruitenburg. The Netherlands**
- 27. "What’s Up Doc?" Following a junior doctor with depression-a skills based workshop. **Dr. Evie Kemp. UK**
- 29. To explore key psychodynamic changes derived from therapeutic consultations that contribute towards resilience. **Dr. Tony Garelick. UK**

**12.00**

- Working Group Topic 3  
  **Coordinator: Dr. Andrée Rochfort**
- Working Group Topic 2  
  **Coordinator: Dr. Michael Peters**
- Working Group Topic 1  
  **Coordinator: Ms. Anna Mitjans**

**13.00 WORKING GROUPS’ CONCLUSIONS AND CLOSING**  
**Dr. Gustavo Tolchinsky, General Secretary of the Catalan Medical Association**

**13.30 LUNCH**

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**EAPH CONFERENCE 2015**

**Doctors’ Resilience**

**Building European Networks**

**Through Research and Practice**

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*Dr. Peter Anderson, MD, MPH, PhD, FRCP*

Professor, Substance Use, Policy and Practice, Institute of Health and Society, Newcastle University, England  
Professor, Alcohol and Health, Faculty of Health, Medicine and Life Sciences, Maastricht University, Netherlands  
Member World Economic Forum Global Agenda Council on Mental Health

Dr. Anderson is trained as a general practitioner and a specialist in public health medicine form Oxford and London in the UK. In England, he set up and directed the first national unit for health promotion in primary care. He has worked for the World Health Organization and been a specialist adviser to the European Commission. His clinical, professional and academic life has been dedicated to promoting health and preventing illness. He has developed the concept of the health footprint, which, similar to the carbon footprint, can be applied to individuals. In his presentation, Dr. Anderson will summarize the key evidence as to what each of us, as physicians, can do to improve our own health footprint, and thus build our own resilience, and promote our own health and prevent disease.
### SUNDAY 19th

#### POSTERS

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<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8.00</td>
<td>Official welcome</td>
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<tr>
<td>8.30</td>
<td>Opening lecture: &quot;The health footprint of a healthy doctor&quot; Dr. Peter Anderson</td>
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<tr>
<td>10.00</td>
<td>POSTERS Coffee break in the terrace-garden</td>
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<tr>
<td>10.30</td>
<td>Parallel Oral Presentations topic 1: Building health and resilience in medical school</td>
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<tr>
<td>11.45</td>
<td>POSTER SESSION</td>
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<tr>
<td>12.15</td>
<td>WORKSHOPS</td>
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<td>13.15</td>
<td>LUNCH in the terrace-garden</td>
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<tr>
<td>14.45</td>
<td>Parallel Oral Presentations topic 2: Professional resilience in a changing health care system</td>
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### MONDAY 20th

#### REGISTRATION

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<td>17.00</td>
<td>Gala Dinner &amp; Music Group. Best Poster Award</td>
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### Sessions Overview

1. **Opening lecture**: "The health footprint of a healthy doctor" Dr. Peter Anderson
2. **Parallel Oral Presentations topic 1**: Building health and resilience in medical school
3. **Parallel Oral Presentations topic 2**: Professional resilience in a changing health care system
4. **Workshops**
5. **Lunch**
6. **Posters**
7. **Gala Dinner & Music Group. Best Poster Award**