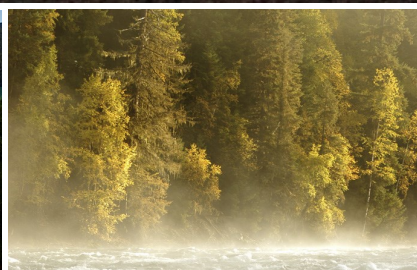


RESIDENT WELLNESS RESOURCES



Resident Wellness Office | Postgraduate Medical Education Office



THE UNIVERSITY OF BRITISH COLUMBIA

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Tip:

Hold the CTRL button while clicking on links in this booklet to have the links open in a new browser window.

Get Help

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The Resident Wellness Office

ABOUT US

RWO Statement on Racism, Inclusion, and Equity

The Resident Wellness Office is committed to providing support to residents at UBC. Echoing the sentiments of PGME, the RWO stands in solidarity with residents who are unrepresented, underprivileged, oppressed, and unheard. The RWO is committed to supporting PGME to address, tackle, and prevent systemic racism. Please visit our [RWO Inclusion & Equity Resource Page](#) and our [RWO Anti-Racism Resource Page](#) for further information and resources.

Overview

Over the course of your time as a resident you will face numerous pressures — both professional and personal.

The Resident Wellness Office is committed to creating a culture of wellness in the Faculty of Medicine's residency programs. The RWO offers free, confidential, counselling and support services for residents and Area of Focus Competency Fellows.

Here at the Resident Wellness Office (RWO), we're here to listen and support residents in a variety of ways throughout the residency process.

Some Reasons to Contact the RWO

- ◆ Seeking support around stress and time management
- ◆ Improving communication at work and with loved ones
- ◆ Learning ways to manage moods (depression, anxiety etc.)
- ◆ Support in dealing with a loss or life transition
- ◆ Support with a challenge related to residency
- ◆ Seeking peer support or culturally appropriate supports



The Resident Wellness Office

ABOUT US

Services Offered

The Resident Wellness Counsellors are able to assist you with a range of personal and professional concerns. The program has been created to promote and support health and wellness amongst medical residents.

A counsellor can help you work through and cope effectively with concerns such as stress and time management, anxiety, depression, career concerns, and life transitions. Speaking with a counsellor can help to bring clarity to situations and shed light on new ways of dealing with them.

The Resident Wellness Office provides the following services to current residents and their partners:

- ◆ In-person, telephone, and Zoom counselling
- ◆ Group support, Peer support and Elder support
- ◆ Referrals to community resources and other helping professionals
- ◆ Workshops on relevant health and wellness topics
- ◆ Up-to-date online resources (website and wellness blog)
- ◆ Community events

Locations

The Resident Wellness Office has virtual and in person locations. Each counsellor has their own virtual Zoom “office”; you will be provided with this regular link when you book a counselling session so residents in any location can access services at any time via Zoom or telephone. We also provide in-person support at the following sites:

- ◆ Diamond Health Care Centre, Vancouver (Monday-Friday)
- ◆ Surrey Memorial Hospital (Thursdays, bi-weekly)
- ◆ Royal Columbian Hospital (Wednesdays bi-weekly)
- ◆ Kelowna, Victoria, Strathcona, Prince George, Nanaimo, Chilliwack, Abbotsford, Kamloops, Penticton (site visits scheduled several times per year)



The Resident Wellness Office

ABOUT US

Resident Wellness Staff



Dianna Louie, MD, FRCPC
PGME Director of Resident Wellness
dianna.louie@ubc.ca



Elizabeth Sabine, M.Ed, RCC
Resident Wellness Counsellor
elizabeth.sabine@ubc.ca



Rebecca Turnbull, M.Ed, RCC
Resident Wellness Counsellor
rebecca.turnbull@ubc.ca

Contact Information

Book an appointment online [here!](#)

Email: resident.wellness@ubc.ca

General Hours: Mon-Fri 8:30am – 4:30pm

** For urgent needs outside of these hours,
please contact alternative services
listed [here](#).*



Nish Laszczuk, MSW, RSW
Resident Wellness Counsellor
nish.laszczuk@ubc.ca



Bronwyn Taylor, BASc
Resident Wellness Program
Coordinator
resident.wellness@ubc.ca
bronwyn.taylor@ubc.ca

The Resident Wellness Office

ABOUT US

Meet the RWO Staff



Dr. Dianna Louie, MD, FRCPC, PGME Faculty Lead for Resident Wellness

Dr. Dianna Louie is a Pediatrician at BC Children's Hospital and has a pediatric practice in Richmond. She completed her medical school training and pediatric residency at the University of British Columbia. She is the Faculty Lead for Wellness through UBC's Resident Wellness Office.

Dianna has been passionate about resident wellness and mindfulness since her own residency. She feels it is so important to empower residents to find joy in their work and be kind to themselves. Dianna is a critical link between the resident body and the program administration advocating on behalf of the residents for increased program support for current and proposed initiatives. She is enthusiastic to introduce new approaches to physician health in residency. She currently is researching resident burnout and resiliency.

Dr. Louie has won the 2016 Resident Doctors of Canada Puddeste Award for Resident Wellness for her contribution to resident health at BC Children's Hospital. She also received the inaugural UBC PMGE Faculty and Staff Wellness Award.



Rebecca Turnbull, M.Ed., RCC, Resident Wellness Counsellor

Rebecca Turnbull is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. She holds a Master of Education in Counselling Psychology from Simon Fraser University and a Bachelor of Arts Degree in Psychology from the University of Victoria.

Rebecca's approach to counselling is to work collaboratively with her clients, drawing on their strengths to help them establish and achieve their goals. Rebecca draws on evidenced based practices and she tailors her techniques to meet the individual needs of her clients. Rebecca is passionate about helping clients improve success, awareness, and health within themselves and their interpersonal relationships.



Elizabeth Sabine, M.Ed., RCC, Resident Wellness Counsellor

Elizabeth Sabine is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. She holds a Master of Education in Counselling Psychology from Simon Fraser University and a Bachelor of Arts Degree Major in Psychology and Minor in Counselling and Human Development from Simon Fraser University.

Elizabeth uses a client-centred, evidence based approach and works to provide a safe, encouraging, and non-judgmental space for clients to explore their inner thoughts and feelings. Elizabeth has post graduate training in Acceptance and Commitment Therapy, a mindfulness and values based approach to living. She helps clients to learn practical day-to-day coping strategies and is passionate about helping clients build on their strengths and resiliencies to lead a healthy and fulfilling life.



The Resident Wellness Office

ABOUT US

Meet the RWO Staff



Nish Laszczuk, MSW, RSW, Resident Wellness Counsellor

Nish Laszczuk is a Registered Social Worker with the BC College of Social Workers as well as the Ontario College of Social Workers. She holds a Master Degree in Social Work from the University of Toronto and a Bachelor of Arts Degree in Psychology from the University of Waterloo.

Nish has post graduate training and certification in Cognitive Behavioral Therapy, as well as training in Mindfulness, Dialectical Behavioral Therapy, and uses a trauma informed lens. Nish's approach includes drawing from various therapeutic modalities to work collaboratively with clients to tailor therapy to address their own personal and unique needs. Nish helps clients navigate what they want to work on and helps support them in approaching and accomplishing their goals. She uses a gentle, and non-judgmental approach while challenging and supporting clients when they are ready. She provides a safe space that helps clients feel comfortable and draws from an anti-oppressive and feminist lens.



Bronwyn Taylor, BAsC, Resident Wellness Program Coordinator

Bronwyn Taylor holds a Bachelor of Arts and Science with a self designed major focusing in both Psychology and Art from Quest University Canada. Bronwyn has a background working in mental health and is an advocate for outlets to health and wellness, creative expression, and human connection. She is passionate about the arts as a tool for self discovery, empowerment, and a mechanism for sustainable wellbeing.

Bronwyn is available to answer general questions about the Resident Wellness Office, wellness events, coordinate group supports for programs, schedule counselling appointments and take feedback about the Resident Wellness Office services.

The Resident Wellness Office

FAQs

Who can use Resident Wellness counselling services?

The Resident Wellness Office offers counselling services to UBC medical residents, subspecialty residents, and Area of Focused Competency Fellows.

Where is the Resident Wellness Office?

The Resident Wellness Office has virtual and in person locations. Each counsellor has their own virtual Zoom “office”; you will be provided with this regular link when you book a counselling session.

Vancouver Offices are located on the 10th floor of the Diamond Health Care Centre.

The Surrey Office is located on the 3rd floor of the Critical Care Tower, room 3-622, in Surrey Memorial Hospital.

The Royal Columbian Hospital Office is at UBC Medical Education, Room 009.

When are the counsellors available?

Resident Wellness Counsellors are available Monday—Friday. Hours of operation may vary depending on clients’ needs, and early morning appointments are available. Appointments are available in person, via Zoom, or over the telephone.

Please complete our Appointment Request Form to seek a counselling appointment that would be appropriate with your schedule.

[Request Counselling Appointments Here!](#)

What about confidentiality?

Counselling services are confidential. Information about you, the type of counselling services you access, and the context of your counselling sessions cannot be released without your written permission, with the following exceptions:

- information indicating that you may constitute a risk to yourself or to others
- information indicating that a child is in need of protection
- information that leads to concerns about public safety
- other statutory or common-law provision that requires or authorizes the release of

Do I need to pay? Are there any limitations?

Individual counselling, workshops, and groups are available to you free of charge. Residents are able to access 10 counselling sessions per academic year. If you require additional support, we are happy to direct you to other resources.

What services does the Resident Wellness Office Offer?

The Resident Wellness Counsellor is able to assist you with a range of personal and professional concerns. The program has been created to promote and support health and wellness among medical residents.

The counsellor can help you work through and effectively cope with concerns such as stress and time management, anxiety, depression, career concerns, life transitions, and relationships. Speaking with a counsellor can help to bring clarity to situations and shed light on new ways of dealing with them.



The Resident Wellness Office

RWO Supports

The Resident Wellness Office offers many group supports to programs, often booked during an academic half-day to encourage residents to attend. If you are interested in any of these supports for program, please ask your Program Director or Chief Resident to contact the RWO. Further information on these supports can be found on [our website](#).

Workshops

The following workshops are available for you to choose according to the specific needs of the residents in your program :

- Resiliency in Adverse Events
- CBT Skills for Thriving through Residency
- Mindfulness Self Compassion in Residency

Group Supports

A variety of group supports are available to residents in all stages of their residency journey including:

- Wellness Rounds/Ice Cream Rounds
- Peer-Led Ice Cream Rounds
- Aim. Focus. Release: A Support Group for Residents on Leave

Peer Supports

See page 11 of this guide for further info!



The Resident Wellness Office

Elder Support

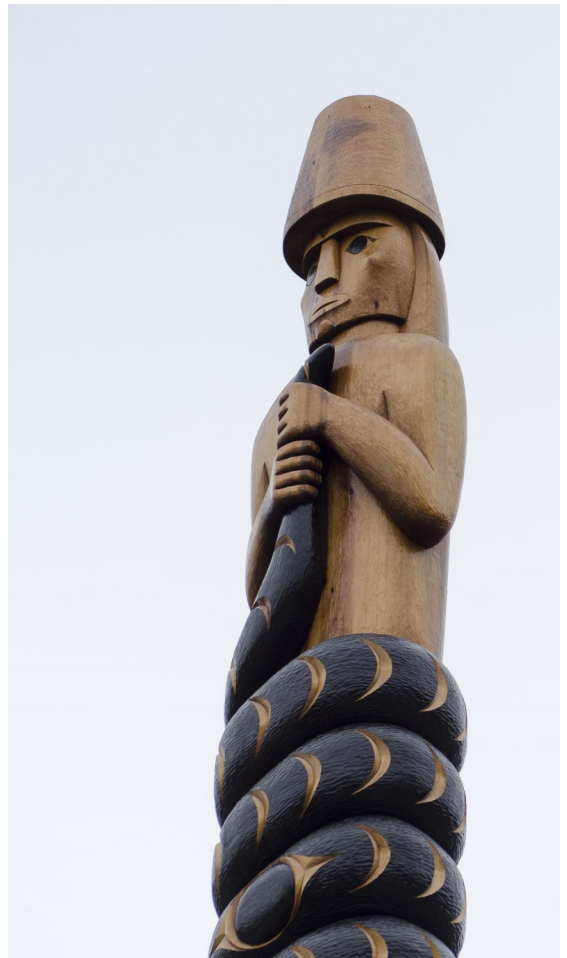
Counselling Services Provided by an Indigenous Elder

The Resident Wellness Office is thrilled to announce an exciting, new pilot project in partnership with an Indigenous Elder. During this next academic year all residents are welcome to request Indigenous Counselling and Elder Teachings through Elder Support at the Resident Wellness Office. Should there be a need to run a waitlist, Indigenous Residents, and those residents in the Indigenous Family Medicine Program will be prioritized for appointments. Elder Support will currently be available on most Mondays and Fridays from 9am-3pm.

If you are interested in Elder Support counselling services, please complete our **Elder Support Request Form** or contact resident.wellness@ubc.ca with the subject “Elder Support” to request and appointment.

“I just wanted to pass on how happy I am that we are able to meet with [an] Elder through the Resident Wellness Office. I met with her this morning and found it very beneficial. It was amazing to have a culturally appropriate counselling session and I hope this project continues as I can see how other residents would benefit.”

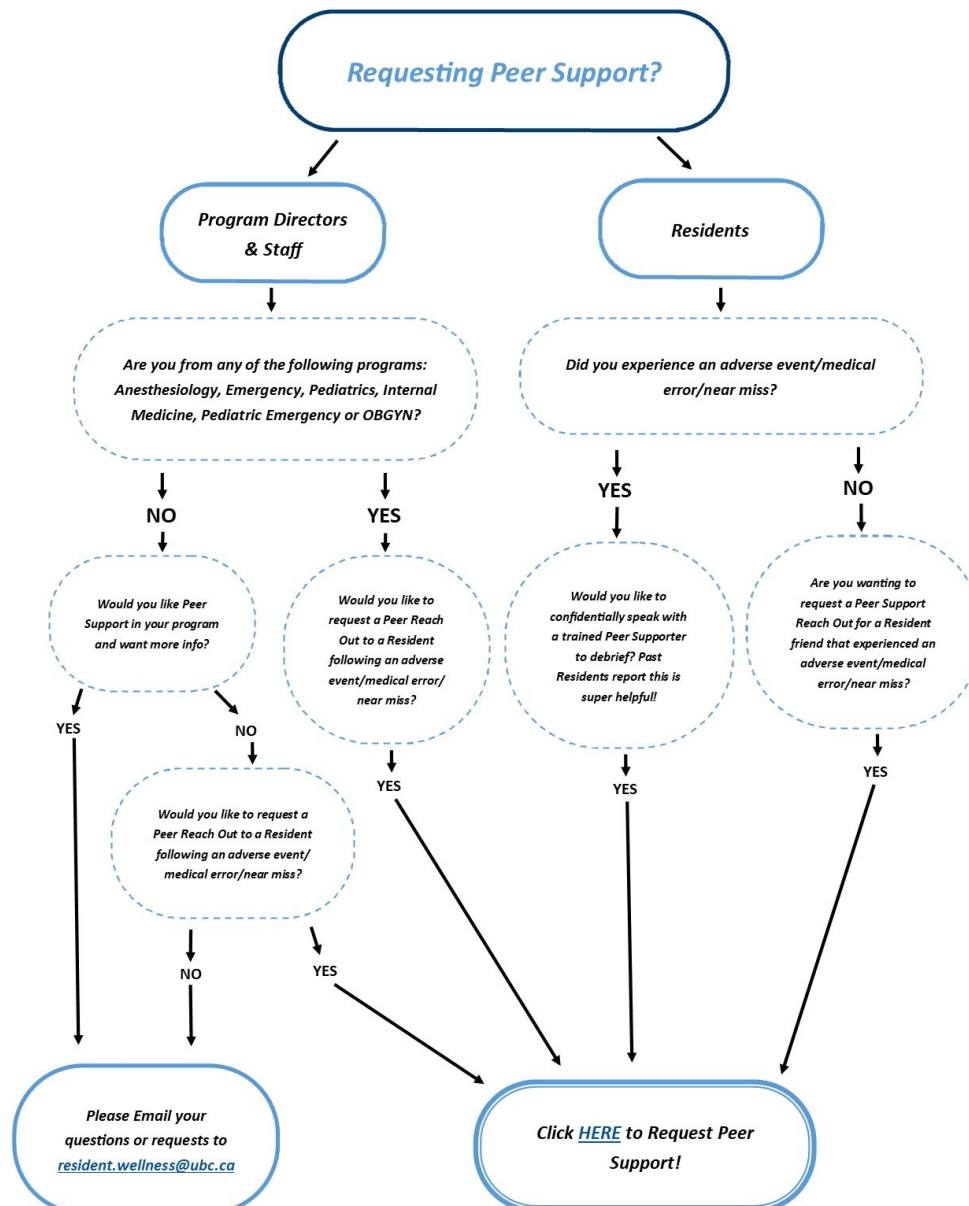
-IFMP Resident



The Resident Wellness Office

Peer Support

The Peer Support Program offers residents who experience an adverse event in the work environment an opportunity to talk to another Physician (Faculty or Senior Residents) for support in a confidential, non-judgmental environment. The Resident Wellness Office (RWO) has partnered with Dr. Jo Shapiro to implement her evidence-based Physician Peer Support program. If you're unsure about how to seek Peer Support, follow our helpful guide below.



Support Group for Residents on Leave



What is the Support Group?

Many residents that have gone on medical leave have described it as being a very stressful and isolating experience and have wanted a way to connect with other residents going through the same thing.

The Resident Wellness Office has created a 4 week support group called Aim. Focus. Release that meets once a week in a safe and confidential environment virtually. Learn healthy coping skills with a Registered Clinical Counsellor using the evidence based approach of Mindful Self-Compassion with other colleagues on leave.

How can I join?

Please contact the Resident Wellness Office by email to register for the program:
resident.wellness@ubc.ca.

Further information can be found at our program information page [here!](#)

Wellness Resources



Tip:

Hold the CTRL button while clicking on links in this booklet to have the links open in a new

PHYSICAL

Articles and Resources

[Health & Lifestyle Corporate Discounts for UBC Residents](#)

A list of discounted health and fitness facilities and services for UBC residents.

[First Nations Health Authority Health Benefits Program](#)

FNHA health benefits cover dental, medical, mental health, vision and pharmacy.

[Sleep Resources - MIT Medical](#)

Guided audio and print resources that can help you overcome insomnia, reduce stress, and improve sleep quality.

[Do Yoga With Me.com](#)

Hundreds of online yoga, meditation, and tutorial videos for all levels – at no cost

[Epworth Sleepiness Scale](#)

A score of 10 or higher indicates a possible sleep disorder.

[Cookspiration](#)

A website and app created by Dietitians of Canada that serves up recipe ideas to suit your mood and schedule.

Audio

[Sound Mind Podcast - Canadian Medical Association](#)

A CMA podcast about physician wellness and medical culture, hosted by psychiatrist and wellness expert Dr. Caroline Gérin-Lajoie.

eCurriculum

[ePhysicianHealth.com](#)

ePhysicianHealth.com is the world's first comprehensive, online physician health and wellness resource designed to help physicians and physicians-in-training be resilient in their professional and personal lives. ePhysicianHealth.com was developed by Canada's leading physician health and eLearning experts to provide you with cutting edge, evidence-based information and innovative, user-friendly tools for self-help and collegiate support.



Wellness Resources

MENTAL/EMOTIONAL

Articles and Resources

[Overcoming Compassion Fatigue](#)

American Academy of Family Physicians. Includes tips, warning signs, and a 9-point self-assessment tool.

[MoodGYM](#)

An online program that aims to reduce mild to moderate symptoms of depression and anxiety by teaching you the principles of cognitive behaviour therapy. Cost: \$39/year.

[Early Warning Signs of Residents in Distress](#)

UBC Family Practice Resident Resiliency Subcommittee

[Worry & Rumination](#)

Centre for Clinical Intervention

[The Bounceback Program](#)

Designed by the Canadian Mental Health Association to provide coping skills and tools to help you manage your mental health.

Self-Assessments

[Alcohol and Drug Addiction Screening Quiz](#)

From Johns Hopkins University Hospital

[Mental Health Well-being Screening Quiz](#)

An anonymous 14-question quiz to gauge your overall mental health

[Anxiety Disorder Screening Quiz](#)

The first part of the screening asks one question about each of five different types of anxiety problems, then goes into more detail depending on your answers.

[Depression Screening Quiz](#)

This screening self-test looks for symptoms of depression.

[Self-Compassion Scale](#)

Dr. Kristin Neff, www.self-compassion.org



Wellness Resources

SPIRITUAL

Articles and Resources

[The Positive Effects of Nature on your Mental Wellbeing](#)
Positive Psychology

[Mindfulness-Based Stress Reduction \(MBSR\) Online Course](#)
An 8-week course, free.

[The Basics of Spiritual Health](#)
Learn about how spiritual health is defined.

[Finding Meaning in Medicine](#)
Greater Good Berkeley

[Mindfulness Self-Assessment](#)
Greater Good Science Centre at UC Berkeley

Guided Meditation

[Calm.com](#) (website and app)

You can either choose the simple guided meditations (which range from 2 to 20 mins) or go solo and use the meditation timer. You also get to select your background noise from a range of natural environments.

[Guided Mindfulness and Relaxation Activities](#) - MIT Medical

Free audio files guiding you through body scans, guided visualization for test anxiety or athletic performance, and mindful breathing.

[Mindfulness-based Stress Reduction Meditation](#)

A collection of resources surrounding Mindfulness Based Stress Reduction from the "[Mindfulness-Based Stress Reduction Workbook for Anxiety](#)", available for loan from the [Resident Wellness Library](#).



Wellness Resources

SOCIAL

Articles and Resources

[Working Together to Improve the Culture of Medicine](#)

Association of Faculties of Medicine of Canada

[Parenting During Residency](#) (PDF)

A resident's guide to parenting, pregnancy, parental leave and beyond.
Resident Doctors of BC

[Understanding the Medical Marriage](#)

This study explores the challenges and strengths of dual- and single-physician relationships.

[Five Ways to Say 'No' Effectively](#)

American Academy of Family Physicians

[Raising Children During Medical Residency](#)

MomMD, Connecting Women in Medicine

[The Pioneering Efforts of Wise Women in Medicine](#)

Stanford

Self-Assessments

[Dimensions of Wellness: Social Wellness](#)

Includes a 10-point self-assessment

[Social Wellness Pulse Check](#)

Evaluate your own social wellness with this brief quiz.
University of Nebraska-Lincoln

[Life Balance Assessment Sheet](#)

Stanford WellMD

[Empathy Self-Assessment](#)

Greater Good Science Centre at UC Berkeley



Wellness Resources

OCCUPATIONAL

Articles and Resources

[Career Planning Resources](#)

As a resident, there are a number of resources available to help you navigate through your medical career as you transition from residency into practice.

[When Physicians Feel Bullied: Effective Coping Strategies](#)

Canadian Medical Protective Association

[Coping With an Adverse Event, Complaint, or Litigation](#)

Canadian Medical Protective Association

[UBC Faculty of Medicine Equity & Professionalism Office](#)

The Associate Dean, Equity and Professionalism is available to support and advise faculty members, medical students, graduate students, residents and fellows.

[UBC Faculty of Medicine Policy Regarding Unprofessional Behaviour](#)

Dean's Office Faculty Affairs

[A Practical Approach to Time Management for Physicians](#)

Postgraduate Medical Journal

[Behaviours of Highly Professional Resident Physicians](#)

Journal of the American Medical Association

[10 Strategies for Staying Human During Residency Training](#)

Dr. Allan Peterkin

[Mistreatment Help](#)

UBC Faculty of Medicine

Learn more about what you can do and who to contact if you've experienced learner mistreatment.

[COVID-19 Resident Wellness Resources](#)



Wellness Resources

EQUITY, INCLUSION & DIVERSITY

The RWO stands in solidarity with residents who are unrepresented, underprivileged, oppressed, and unheard. We are here to support and advocate for equity among residents.

RESOURCES

[The Resident Wellness Office's Anti-Racism Resource Guide](#)

[Anti-Racism Excellence at UBC](#)

[20 Steps to an Out and Equal Workplace](#) (PDF)

[Traditional Knowledge Toolkit](#) (PDF)

A toolkit developed by the First Nations Centre for individuals and communities interested in the protection and promotion of traditional knowledge and healing practices.

[Navigating the Residency Match as an LGBT Applicant](#)

Association of American Medical Colleges

[Dealing with Racist Patients](#)

New England Journal of Medicine

[Exploring Unconscious Bias in Academic Medicine](#)

Association of American Medical Colleges

[Immigrant Services Society of BC](#)

Serves the settlement, training and integration needs of newcomers from all over the world.

[UBC International Student Guide](#)

Includes resources for living in BC during and after your training.

ASSOCIATIONS

[Health Professionals Advancing LGBT Equality](#)

Previously known as the Gay and Lesbian Medical Association.

[Society of Rural Physicians of Canada](#)

Providing leadership for rural physicians.

[Federation of Medical Women of Canada](#)

Committed to the development of women physicians and the well-being of all women.

[Canadian Association of Physicians with Disabilities](#)

A forum for discussion of issues of mutual interest and concern to physicians with disabilities.



Wellness Resources

FINANCIAL

Articles and Resources

[How to Get Your Free Credit Report and Check Your Credit Score](#)

Three ways to get your credit report in Canada.

Credit Counselling Society

[UBC Transition into Practice Program - Financial Management](#)

UBC PGME

[How to Find a Job Post-Training](#)

UBC PGME Transition into Practice Program

[Finance Articles from Emergency Physicians Monthly](#)

From debt to investment to taxes, a range of financial articles tailored for physicians.

[MD Management](#)

Specializes in financial planning services for physicians.

[Credit Counselling Society of BC](#)

Canada's leading non-profit debt solution provider with 12 locations in BC.

[Financial Literacy Counsel Inc.](#)

The FLCI is contracted to provide financial services and consultation (at no cost to residents) through Resident Doctors of BC.

INTERACTIVE RESOURCES

[Debt Payment, Interest, Expense and Savings Calculators](#)

Calculations are performed based on your inputted information. Below the graph is an explanation to help you understand what you're seeing.

Credit Counselling Society

[Free Interactive Budget Calculator Spreadsheet for Canadians](#)

Credit Counselling Society



Wellness Resources

GENERAL

Articles and Resources

[Time Management: A Review for Physicians](#) by Dr. Brunicardi and Dr. Hobson
Journal of the National Medical Association

[Understanding Procrastination](#)
California Polytechnic State University

[First Nations Health Authority Counselling](#)
Health Benefits partners with Indigenous Services Canada to offer a comprehensive mental health plan to First Nations in BC.

[Mentorship](#)
Resident Doctors of Canada

[Teaching Tips for Residents and Fellows](#)
UBC Faculty of Medicine

[New In Practice Guide - What Residents Need to Know Before Entering Practice \(PDF\)](#)
Canadian Medical Association

[Presentation: Resident Health and Well-being—Building Resilience](#)
Canadian Medical Association

[Building Resilience for Wellness](#)
National Library of Medicine

[Getting Published: Tips for Residents](#)
AMA

Audio & Video

[Reduce Test Anxiety: Guided Visualization](#) (5:32)
A free live-streaming audio file from MIT Medical

[Dr. Mamta Gautam on Physician Wellness](#) (56:21)
And insightful talk by Dr. Gautam, a psychiatrist specializing in physical wellness.



Additional Resources

GET HELP

All of the services listed below are confidential. The services will only collect, use, or disclose your information to provide services and support to you, as consented by you, or as required by law. All information you provide, including your personal and health information, and the fact that you have contacted the service, is held in confidence.

Resident Wellness Office

Email: resident.wellness@ubc.ca

Website: www.postgrad.med.ubc.ca/resident-wellness

Process of Contact: The Resident Wellness Office administrative hours are Monday to Friday from 8:30am – 4:30pm. Outside of these hours, you are always welcome to leave a message or send an email and you will receive a prompt reply. If you require immediate assistance outside of these hours, please contact the services listed below.

Physician Health Program of BC

24-hr Toll-Free Line: 1 800 663 6729

Email: info@physicianhealth.com

Website: www.physicianhealth.com

Process of Contact: PHP offers 24-hour access where you can be connected to an intake counselor who will quickly determine with you what your needs are and will provide you with access to a variety of services which include a network of clinical counsellors.

CONTINUED →



Additional Resources

GET HELP

Employee and Family Assistance Program (EFAP)

Phone: 604 872 4929

24-hr Toll-Free Line: 1 800 505 4929

Email: help@efap.ca

Website: www.efap.ca

Process of Contact: EFAP is a confidential counselling service specialized to provide service to healthcare employees and families throughout BC. They have an “affiliate network” with counsellors anywhere clients are, and also offer telephone counselling. EFAP provides short term counselling, 4-6 sessions on average. You will have a brief intake with an intake counsellor, who will ask which health authority you work for to ensure eligibility.

BC-Wide Crisis Line

Phone: 604 872 3311

24-hr Toll-free Line: 1 800 SUICIDE (784 2433)

Website: www.crisiscentreachat.ca

SAFER (Suicide Attempt Follow-up, Education and Research)

Phone: 604 875 4794

Hours of Operation: Mon - Fri, 8:30 a.m. - 4:30 p.m.

For Vancouver residents, provides counselling for individuals age 19 and over who have made a suicide attempt, are currently suicidal, or have suicidal ideation; also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death.



