

Well-Being Month 2025

Lecture Series

TIME: All lectures will be held from 12-1 p.m.

LOCATION: Zoom

Monday, January 27, 2025

TIME: 12-1 p.m. **LOCATION:** Zoom

 [Zoom Link](#)

Wellness Interventions: What Works, What Doesn't, and at What Cost?

Gregory Guldner, MD, MS

Vice President of Academic Affairs
HCA Healthcare
Graduate Medical Education



Dr. Guldner currently serves as the Vice President for Academic Affairs for HCA Healthcare Graduate Medical Education. He previously served as the Designated Institutional Official for HCA Healthcare Riverside in Southern California and as the program director for the HCA Healthcare Riverside emergency medicine residency program, which received the 2022 ACEP EM Wellness Center of Excellence Award. He holds the title of Clinical Professor of Emergency Medicine at the University of California Riverside School of Medicine. Prior to earning his medical degree at Stanford University, Dr. Guldner completed a master's degree in clinical psychology at Purdue University and undergraduate degrees in philosophy and psychology from Colorado State University. He has practiced emergency medicine for over 20 years in both academic and community settings and has 25 years in the Army Medical Corps (reserve), including combat deployments to both Iraq and Afghanistan.

His research focus involves developing evidence-based systemic, individual, and leadership interventions to improve resident physician well-being. He studies well-being with the HCA/Claremont Graduate University Physician Well-Being Research Lab headed by Dr. Jason Siegel, Professor of Psychology at Claremont Graduate University's Division of Positive Organizational Psychology.

Tuesday, February 4, 2025

TIME: 12-1 p.m. **LOCATION:** Zoom

 [Zoom Link](#)

Financial Well-Being

James Ahn, MD, MHPE

Associate Professor of Medicine
Director, Emergency Medicine Residency
Director, Medical Education Fellowship
UChicago Medicine



Dr. James Ahn is an Associate Professor of Medicine in the Section of Emergency Medicine and is faculty for the GME Scholars Training Program. He attended medical school at Jefferson Medical College and completed his emergency medicine residency and medical education fellowship at the University of Chicago. Currently the Program Director for the Emergency Medicine Residency Program, Dr. Ahn's research interests focus on medical education, specifically in the areas of assessment, diversity and inclusion in medical education, and best practices in learner development.

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Bucksbaum-Siegler
Institute for
Clinical Excellence

Thursday, February 13, 2025

TIME: 12-1 p.m. **LOCATION:** Zoom

 [Zoom Link](#)

The Language of Being Well

Arlene S. Chung, MD, MACM, FACEP

Professor of Emergency Medicine
Larner College of Medicine at the
University of Vermont
Co-Director, Medical Education
& Simulation Fellowship
Department of Emergency Medicine
University of Vermont Health Network



Dr. Chung is a Professor at the Larner College of Medicine at the University of Vermont and the Vice Chair of Academic Affairs for the Department of Emergency Medicine. She is serving

in her second consecutive elected term on the Board of Directors for the Council of Residency Directors in Emergency Medicine. Dr. Chung was the recipient of the New York ACEP Advancing Emergency Care Award in 2018 and recognized as one of the original EMRA 45 Under 45 Young Physician Influencers in Emergency Medicine in 2019. She was honored nationally as the 2022 Residency Director of the Year by EMRA. As a widely recognized speaker and educator, Dr. Chung has made advocating for physician wellness a central focus of her career through lectures, teaching, policy development, and creating sustainable solutions for the future.

Friday, February 21, 2025

TIME: 12-1 p.m. **LOCATION:** Zoom

 [Zoom Link](#)

The Benefits of CANDOR: Telling the Truth to Patients and Families Who Have Been Harmed by Healthcare

Bruce Lambert, PhD

Professor
Department of Communication Studies
Department of Medical Social Science
Northwestern University



Dr. Lambert received his PhD in Speech Communication from the University of Illinois at Urbana-Champaign. He is Professor in the Department of Communication

Studies and in the Department of Medical Social Sciences (by courtesy) at Northwestern University. He is an Adjunct Professor in the Department of Pharmacy Systems, Outcomes, and Policy at the University of Illinois at Chicago. His research focuses on health communication, clinical informatics, patient and medication safety, and medical liability reform. He is also President of BLL Consulting, Inc. a firm that solves problems involving health, communication, and technology. He blogs about communication at howcommunicationworks.com.

Wednesday, February 5, 2025

TIME: 12-1 p.m. **LOCATION:** Zoom

 Zoom Link

Bucksbaum-Siegler Well-Being Presentation



The Bucksbaum-Siegler Institute was created in September 2011 with a \$42 million gift from the Matthew and Carolyn Bucksbaum Family Foundation.

To achieve its mission, the Institute has appointed more than 550 Master Clinicians, Senior Faculty, Junior Faculty, Associate Junior Faculty, Medical Student, and Undergraduate Student Scholars. The Institute offers a research grant program for Faculty Scholars; an annual lecture and seminar series; courses for Pritzker School of Medicine students; and an academic Clinical Excellence Scholars Track.

Physician Credit

The University of Chicago Pritzker School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Chicago Pritzker School of Medicine designates this live activity for a maximum of 1 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Participant Credit

Other participants will receive a Certificate of Participation. For information on the applicability and acceptance of Certificates of Participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by the ACCME, please consult your professional licensing board.

Open to our GME community and all UChicago Medicine employees!

For more information, email gmeoffice@uchicagomedicine.org