




From Ideas to Action: Taking the Next Step, Together

AACH WINTER COURSE 2010

January 31-February 6, 2010 ASILOMAR, CA

"Insight, I believe, refers to the depth of understanding that comes by setting experiences, yours and mine, familiar and exotic, new and old, side by side, learning by letting them speak to one another."

—Mary Catherine Bateson



The 2010 AACH Winter Course themes are diversity and action. You will be invited to step away from comfortable "old ways" of feeling, thinking, understanding or behaving, toward a new place or state of being. In workshops and large and small group activities, there will be opportunities to enrich your understanding about differences in race, gender, affectional and sexual orientation, age, physical abilities, perceptions of power and oppression, religion, class, and other barriers to being in respectful and just relationship with each other. There will also be opportunities to visit your "learning edge" to advance your interviewing, facilitation and teaching skills and deepen personal awareness.


Communication skills and relationship-building are central to effective teamwork, leadership and improvement in the safety and quality of patient care. Once we have located ourselves, and identified the skills and awareness we want to develop around difference, we can move toward meaningful change. Taking the next steps may be the hardest, and will require effort and courage. On our journey, we are likely to arrive at a transitional space which is "betwixt & between"; where normal order is suspended. The experience may be revealing, unsettling and stressful, yet creative and energizing. It is our hope that by using the wisdom and diversity within the group, and the strength of our relationships, we will transform our intentions into action by taking the next right step, together.

Jointly Sponsored by


The UAMS College of Medicine and the American Academy on Communication in Healthcare

Course Co-directors: Craig Roth, MD and Peter Barnett, MD

Facilitators: Amina Knowlan, MS, Matrix Leadership Institute; Gerald Boyd, MTP, Senior Trainer, National Coalition Building Institute; Charles O'Leary, PhD, Private Practice; Carol Jungman, MSOD, Matrix Leadership Institute.



Asilomar State Beach and Conference Grounds is a 107-acre protected retreat that has been part of the system of state parks in California since 1956. The Asilomar Conference Grounds is located at 800 Asilomar Avenue in Pacific Grove, California and offers accommodations that are designed to be free from distractions so guests can reflect and focus on the natural wonders that surround them. Monterey is located about 150 miles south of San Francisco, on the Monterey Peninsula.



There is a local airport (MRY) from which taxis or rides will be relatively easy to manage. Or fly into one of the three major Bay Area airports: San Francisco (SFO - about a two-hour drive), Oakland (OAK - about two hours), or San Jose (SJC - about 1¼ hours). Please coordinate arrivals so as to share rental car expenses with other participants.



Daily Schedule

Sunday 1/31

6:00 – 7:00 pm Dinner on site
 7:00 – 9:00 pm Large Group opening session

Monday, 2/1

7:30 – 8:00 am Breakfast and FIT/Guide Mtgs
 8:00 – 8:15 am Announcements
 8:15 – 8:30 am Stress Reduction exercise
 8:30 – 10:00 am Large Group
 10:00 – 10:15 am Break
 10:15 – 11:45 am Workshop Tracks, 1st session
 12:00 – 1:00 pm Lunch
 1:00 – 2:30 pm PA group
 2:30 – 3:00 pm Break
 3:00 – 5:00 pm PA group
 6:00 pm - Dinner on your own

Tuesday 2/2

7:30 – 8:00 am Breakfast and FIT/Guide Mtgs
 8:00 – 8:15 am Announcements
 8:15 – 8:30 am Stress Reduction Exercise
 8:30 – 10:00 am Large Group
 10:00 – 10:15 am Break
 10:15 – 11:45 am Workshop Track, 2nd session
 12:00 – 4:00 pm Open Time/ on your own
 4:00 – 5:45 pm Small or PA group
 6:00 – 7:00 pm Dinner with Cross-over group
 7:00 – 9:00 pm PA group

Wednesday, 2/3

7:30 – 8:00 am Breakfast and FIT/Guide Mtgs
 8:00 – 8:15 am Announcements
 8:15 – 8:30 am Stress Reduction exercise
 8:30 – 10:00 am Large Group
 10:00 – 10:30 am Crossover groups
 10:30 – 10:45 am Break
 10:45 am – 12:30 pm PA group
 12:30 pm - Free time; lunch & dinner

Thursday, 2/4

7:30 – 8:00 am Breakfast and FIT/Guide Mtgs
 8:00 – 8:15 am Announcements
 8:15 – 8:30 am Stress Reduction exercise
 8:30 – 10:00 am Large Group
 10:00-10:15 am Break
 10:15 – 11:45 am Workshop Tracks, 3rd session
 12:00 – 1:00 pm Lunch
 1:00 – 3:30 pm PA group
 3:30 – 4:00 pm Break
 4:00 – 4:30 Crossover groups,
 4:30 – 5:45 FIT / faculty meetings
 6:00 pm - Dinner on site

Friday, 2/5

7:30 – 8:00 am Breakfast and FIT/Guide Mtgs
 8:00 – 8:15 am Announcements
 8:15 – 8:30 am Stress Reduction exercise
 8:30 – 10:30 am Organizational Development
 10:30 – 10:45 am Break
 10:45 am – 12 pm PA group
 12:00 – 1:00 pm Lunch
 1:00 – 3:45 pm PA group
 3:45 – 4:15 pm Break
 4:15 – 6:00 pm Large Group closing
 6:00 pm - Dinner and closing party onsite

Saturday, 2/6

Depart Asilomar Time to depart is your choice
 7:00 – 8:00 am Breakfast
 12:00 - 1:00 pm Lunch

The target audiences for this activity are: physicians, healthcare administrators, nurses, PA's, AACH faculty and facilitators in training (FITs), who are interested in increasing personal awareness for personal, professional and institutional growth.

Objectives for the Course

Four broad areas of confidence and competence that course participants will demonstrate by the end of the course are:

1. Diversity

- i. Increase awareness of ways in which issues of diversity affect ongoing professional work and personal relationships.
- ii. Demonstrate openness to (re)visiting diversity issues in personal and professional dilemmas
- iii. Develop skills to recognize and manage their own and other's response to issues of diversity within professional and personal contexts.

2. Teamwork

- i. Increase knowledge of team formation, roles, and dynamics, especially as it relates to team performance (e.g., safety and quality improvement).
- ii. Demonstrate awareness of personal behavior within teams.
- iii. Display ability to facilitate others in readdressing and expanding their skills in forming, participating in and leading teams.

3. Core Clinical and Interviewing Skills

- i. Increase knowledge of core interviewing skills through a diversity lens such as PEARLS, Patient-centered approach, and motivational interviewing.
- ii. Demonstrate proficiency with the core interviewing skills
- iii. Display ability to facilitate and teach others the core interviewing skills.

4. Core Facilitation Skills

- i. Explore basic facilitation skills from one or more of the theoretical frameworks for group process including Matrix and Rogerian.
- ii. Increase knowledge of core facilitation formats, including Family of Origin, Case-based and Narrative.



This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of The University of Arkansas for Medical Sciences (UAMS) College of Medicine and the American Academy on Communication in Healthcare. The UAMS College of Medicine is accredited by the ACCME to provide continuing education for physicians.

AMA Designation Statement

The UAMS College of Medicine designates this educational activity for a maximum of 35.75 hours *AMA PRA Category 1 credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Policy Statement

It is the policy of the University of Arkansas for Medical Sciences (UAMS) College of Medicine to ensure balance, independence, objectivity, and scientific rigor in all sponsored or jointly sponsored educational activities. All individuals who are in a position to control the content of the educational activity (course/activity directors, planning committee members, staff, teachers, or authors of CME) must disclose all relevant financial relationships they have with any commercial interest(s) as well as the nature of the relationship. Financial relationships of the individual's spouse or partner must also be disclosed, if the nature of the relationship could influence the objectivity of the individual in a position to control the content of the CME. The ACCME describes relevant financial relationships as those in any amount occurring within the past 12 months that create a conflict of interest. Individuals who refuse to disclose will be disqualified from participation in the development, management, presentation, or evaluation of the CME activity.

From Ideas to Action: Taking the Next Step, Together

COURSE FEES: \$1975 Early Bird
\$2300 after November 1, 2009

\$350 Deposit -reserves your space at early bird rates if received on//or before November 30

Balance due by December 15, 2009

Course fees include double-occupancy rooms and all group meals.



Early Bird Registration Fee	\$1975	\$ _____
Late Registration Fee	\$2300 (after 11/01/09)	\$ _____
Guides attending with current FIT	Subtract \$400	\$ _____
Single room	ADD \$540	\$ _____
Accompanying person sharing room	ADD \$840	\$ _____
	TOTAL	\$ _____
	Deposit	\$ _____
Balance Due by December 15, 2009		\$ _____



AACH
WINTER COURSE
January 31-February 6, 2010
Asilomar, CA

By checking this circle, I authorize AACH to process the balance due on my credit card on December 15, 2009

Name: _____ Degree(s) _____

Social Security # (last four digits for CME) XXX-XX- _____

(U of Ark has a new online transcript system that allows physicians to obtain their credits online. It requires the last 4 of SSN for identification purposes.)

Organization: _____

Address 1: _____

Address 2: _____

City: _____ State/Province: _____ Zip: _____ Country: _____

Email (required) _____

Telephone _____

Name of accompanying person _____

Mail or fax registration form to:
Member Services
American Academy on Communication in Healthcare
16020 Swingley Ridge Road, Suite 300
Chesterfield, MO 63017
Phone: 636-449-5080 Fax: 636-449-5051
www.AACHonline.org

Payment will be accepted by check (payable to AACH) or credit card

Check Enclosed (US Funds Only) _____ MasterCard _____ Visa _____

Credit Card # _____ - _____ - _____ - _____ Exp. _____ / _____

Name as it appears on Card _____

Signature _____

No refunds after December 31, 2009. Cancellations before December 31, 2009 will incur a \$100 cancellation fee. Refunds will be issued after the conference.