

## **W61**

### **Physician heal thyself!**

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**Objectives:** The aim of the workshop is to raise the awareness of how we as doctors take care for ourselves and address our own health and fragilities in professional life.

**Background:** Do you have your own doctor? Are you a doctor for your family? How do you experience to be a patient? In recent years, more focus has been addressed to the dilemma of doctors' self-care and help seeking behaviour. Doctors lack training in how to access appropriate self-care and how to treat their peers. While a doctor-patient often expect to be treated like a 'normal' patient, yet the treating doctor often fails to satisfy this expectation.

**Content:** Taking departure from our research projects and own experiences as doctor-patients we will discuss and reflect on our dilemmas as helping professionals to raise the awareness about self-care as a part of professional development.

**Method:** Group work initiated by a short presentation.

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