



Monday June 5, 2017

The new Academic Personnel Web site and resource is LIVE: [Click here](#)

We welcome any feedback or suggestions for our new site. Please email us directly at HS-SOMAPTeam@ucdavis.edu

- 1. Our Health Sciences Clinical Professors make a multitude of scholarly and creative contributions every day! For the rest of the year, we'll be featuring our HSCP faculty and the innovative things they do! This week, meet Dr. Caroline Giroux, MD from the Department of Psychiatry:**

“Everyone is a writer”: creative writing group at a community clinic



In January 2016, in collaboration with the peer support program, I started a project very dear to my heart: an art-therapy group at the Adult Psychiatric Support Services clinic. Our model is similar to the writing group developed at Sutter, there is no formal writing experience required and anyone who is interested can participate. Our weekly sessions last 90 minutes and we start with introductions when new participants join. We provide writing supplies, water and snacks. Then, the co-

facilitating peer navigators make announcements about upcoming activities (like writing workshops or outings for the clinic). The next step is the reading of the comfort agreement (a living document that reiterates the philosophy and the basic rules of the group). It has been revised on a few occasions after enlightening discussions with our participants. We are usually looking forward to proceed with a 30-minute writing exercise during which people can write about anything they want. Various prompts and books are at their disposal. We consider the work fictional to protect privacy and provide a continuous sense of safety if one needs to process a difficult experience.

Healing gradually takes place as we transform ourselves by changing the narrative. After the writing phase, we voluntarily take turns sharing stories and exchanging feedback. Our culturally diverse group, having averaged 4-5 participants, has been quite prolific. Our peer coordinator who also happens to be a musician set up a studio for us to record our favorite pieces (narratives,

essays, poems). The CD part of our anthology is close to completion and the participants will have a tangible piece of their work to share with others. Another peer worked on the CD cover during his art group and we are hoping to have a book version as well.

During the past year and a half, I have heard moving stories and witnessed inspiring transformations. I was touched to see numerous acts of kindness. There is a sense of mutual support in the room that is almost magical. Respect, authenticity and flexibility pervade the interactions. One of the participants said that the writing group is a space where he feels accepted, and this experience of being able to share his writings without fear of judgment had a positive impact on the quality of his pieces. This form of expressive therapy is no longer about just the writing, but a forum to freely discuss sensitive topics. Our patients are amazing human beings. I am so privileged to be part of a resilient team full of talents, to see such beautiful souls thrive. I wish similar dream-come-true initiatives could take place in more clinics, even in other specialties. A creative outlet, whether one finds it in writing, cooking, carpentry, gardening, or painting, allows a person to stay connected with her or his true self, to be mindful, self-aware and self-efficacious, all essential ingredients to recovery. For me, it gives me tremendous hope in the human potential while making the practice of medicine richer and more rewarding.

2. 4 out of 5 Physician Moms Report Discrimination; Much of it is based on Motherhood

A survey led by UCSF recently found that workplace discrimination is commonplace for as many as four out of five physician mothers. Previous research has also found that women physicians are usually paid lower wages, are typically promoted less and spend more average time per week in the household, than their male counterparts. The surveyors set out to understand perceived workplace maternal discrimination and essential factors to retaining these talented physicians. “It’s just good business sense,” said co-author [Christina Mangurian](#), M.D., MAS, Vice Chair for Diversity in the UCSF Department of Psychiatry and Associate Professor of Psychiatry at UCSF. “In corporate America, it has been shown that family-friendly policies increase productivity,” she said. “It is so well known, in fact, that investors buy stocks when these policies are announced.” The respondents cited flexible schedules, equal salaries, longer paid maternity leave, part-time work options, on-site childcare and increased sick days as desired workplace changes. Click [here](#) to read the full article.

3. New NIH Approach to Grant Funding Aimed at Optimizing Stewardship of Taxpayer Dollars

In an effort to optimize the stewardship of funds that the NIH receives from taxpayers and increase funding for research areas that are underserved, the NIH has begun a new initiative to take advantage of innovative ways to assess the effectiveness of their research investments. The focus of the initiative aims to address the biomedical research workforce that has been imbalanced in both early and mid-career investigators, with a concentration of funding going primarily to late-career investigators. An additional measure will be implemented to address the findings and will work with NIH grant applicants/recipients to limit the total NIH grant support provided to any one principal investigator, using the GSI (Grant Support Index). For more information please click [here](#) or visit Dr. Mike Lauer, NIH Deputy Director of Extramural Research blog [Open Mike](#)

4. New Faculty Workshop - Tools for Success

Thursday, June 29, 2017

8:00 am to 1:00 pm

MIND Institute Auditorium
2825 50th Street, Sacramento

[Click here to register](#)

The goal of this workshop is to help faculty identify the skills needed for their continued academic success, and to connect them with the resources available to support their work here at UC Davis. *It is particularly important that all new faculty attend.* This workshop provides an overview of the merits and promotions process and compensation plans, which are unique to UC Davis Health. Important information will also be provided in the areas of education, research, faculty development, faculty mentoring, and retirement planning. A continental breakfast is provided and a special "lunch with series" activity takes place from 12:00 to 1:00 pm. Many faculty have found the lunch portion of the event to be particularly helpful.