



Federation of Medical Women of Canada  
Fédération des femmes médecins du Canada



*The Top 10 Reasons I Didn't Save the World This Year*

# Final Program

Annual General Meeting,  
Leadership & Advocacy Workshop,  
June 23-24, 2007,  
Ottawa Congress Centre, Ottawa ON



*Panacea, the Greek goddess of healing; whose name means "heal-all" and whose presence was thought to prolong life.*

*As women physicians, we have a major role to play in our healthcare system and for our families. Can we save the world? As in the myths there are always obstacles to conquer. The key is to define those areas of our life and work that are within our sphere of influence and over which we can influence positive change. Conquering these obstacles is what this conference will address, in practical terms, with meaningful dialogue, useful wisdom and helpful tools.*



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## President's Welcome Message

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Dear Delegates and Invited Guests

It is with great pleasure that I welcome you to Ottawa for the Federation of Medical Women of Canada's 83<sup>rd</sup> Annual Meeting.

As those of you who have been members for a few years know, we surveyed our members last year to find out what were your expectations regarding the FMWC and especially to see what your training priorities were. Many of you responded that you wanted to see us go back to the basis of our mission which is our commitment to the development of women physicians and to the promotion of the well-being of all women.

Well I have to say that the Chair of the AGM Organizing committee and President-Elect Dr. Janet Dollin did a

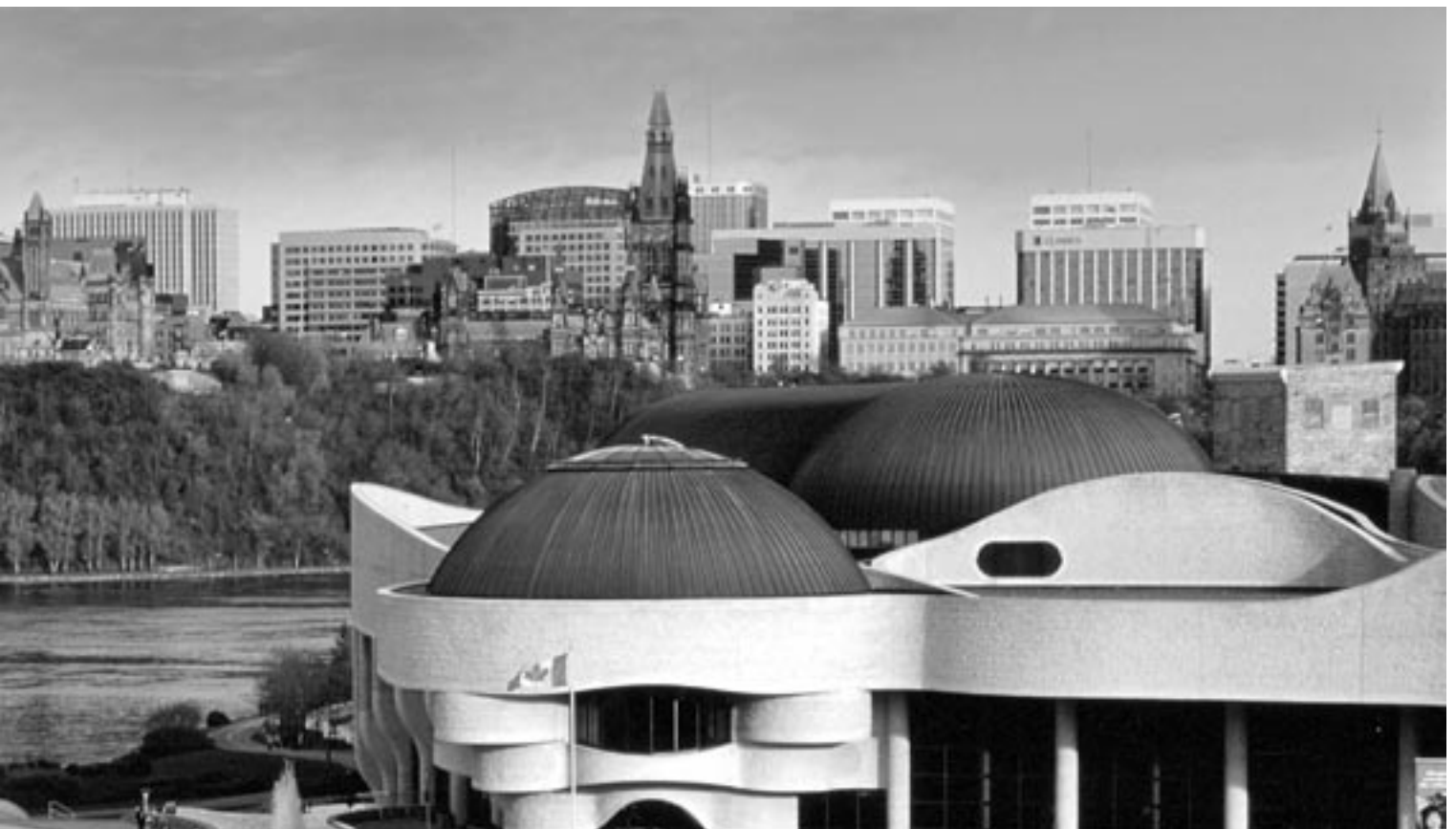
fabulous job of putting together an interesting and diversified program with a number of highly respected and knowledgeable speakers. I am truly confident that all of you who attend the meeting will greatly benefit in some way.

I am very proud to have had the opportunity to work with Janet this year and I am confident that she will prove once again that the FMWC has a legacy of strong and dedicated leaders.

I wish all of you a wonderful meeting and look forward to seeing some future leaders emerge from this inspirational weekend.

Thank you for your support and help throughout my year as President. It has been a truly exciting year filled with wonderful memories.

Respectfully yours,  
Gail Beck





## Message from the Chair of the Organizing Committee



Dear Members and Delegates

Welcome to the AGM! It is my privilege and honour to meet everyone here today and to hear our amazing lineup of speakers for this meeting. Let me tell you how this meeting began. One year ago, I got the call from Dr Cathy Younger-Lewis to step up as president elect for the FMWC for 2007.

What an honour to be your representative! The only thing hard about the year as president-elect, she said, was that I would be responsible to produce the AGM- but I would get lots of help. I replied, as I had been trained to say in negotiating class for women- "let me think about it and call you back tomorrow" Then I said to myself- what do I really know about the members who I would be representing and had a shudder of fear. Thank you, Cathy, for encouraging me to stretch my creativity and overcome my fear.

I have been a longstanding member of FMWC, most of my 27 year career in fact, and have been very busy in my world of Family Medicine, of Gender & Equity issues and of Women's Health. I had read lots of history of Women in Medicine for my postgraduate degree in Public Health and Epidemiology, and wrote my thesis on the current issues for women in medicine in 1993. And these themes have been my passion and preoccupation ever since.

But, what did I really know about you, as members? Thankfully- you had been questioned by our past president Dr Karen Breeck- Your opinions on what "Federation" as it is affectionately known, is about, what it could and should be doing, what directions you wanted for meetings, for partnerships, for vision. I looked to that survey and extracted the themes of what you were saying. You were asking for personal mentoring, for training as mentors and as leaders. You were asking Federation to keep you connected to the issues that matter for women in medicine and as a venue for seeking change. You were looking to Federation to be a collective voice and advocates for women and for women's health. Thank you, Karen, for the leadership you demonstrated to begin that visioning process.

I further watched our past president, Dr Gail Beck work tirelessly within her sphere of influence on behalf of Federation. When she perceived the need, she trained herself and other representative FMWC members to expand our spheres of influence to produce what turned

out to be a hugely successful national publicity campaign to support the funding of universal vaccination against HPV. This remarkable women's health development has the potential to change the face of cancer for women. I believe this to be the single most important development in women's health in my career. Dr Beck demonstrated how women physicians can and must step up to the plate to advocate and influence policy that will benefit women. There are so many more places where we can do this! Thank you, Gail, for showing us your just-do-it approach.

That was how we came up with a theme of leadership and advocacy for this AGM. Of course women physicians want to change the world! It was easy to extract the 10 reasons we hadn't yet done so- they are obvious to us all. I thought that by presenting it in this way we could seriously begin to discuss the ways around these barriers. I hope to see our discussion become productive and creative and solution focused. I also hope to produce something re-useable and shareable at the end of the meeting, an advocacy toolkit that we can look to that will express everything that we learn today- as a reference for ourselves as leaders and for other supporters of women in medicine who were not able to be here today. What I want to tell you in developing this meeting that I have read and grown and learned a lot simply in the planning. Thank you, Andrée Poirier for all of the magic and hard work behind the scenes in making this event happen. Thank you Dr Pat Mousmanis for being there to help these plans come together.

I sincerely hope that you have a wonderful visit to Ottawa. We hope all of you will join us for the Maude Abbott Research Fund Gala Evening at which we can promise good food, inspiring entertainment and fun dancing. We are very excited about having Women's Health Research Unit, from the University of Ottawa launch a recently completed special film project on Women's Health Champions of Canada. Talk about inspirational women! We will also be welcoming other local gems to entertain and inspire us as we raise funds to be used for women's health related research projects, a mission that is truly a Federation legacy.

I am hoping that today you will agree that the personal incidents we experience are political. I hope we can learn to use our voice and leverage our position. I hope we see how vital it is to have leaders at every level. I hope we can lead, as women physicians, with integrity and that the FMWC can play a role in bringing this about. Please speak up so we can speak together.

Sincerely,  
Janet Dollin



### **On- Site Registration**

Registration will be open at Ottawa Congress Centre, Capital Halls on Friday, June 22, 2007 at 3:30 pm and on Saturday, June 23, 2007 from 7:00 – 8:00 am.

### **Identification badge**

You will receive an identification Badge at the on-site registration desk. For those attending the Gala, your tickets will be with your id badge We will be recycling the id. badge so we ask that you return them to the registration desk before you leave the conference. These badges must be worn at all times when attending the conference.

### **Exhibitors**

A few exhibitors will have booths or tabletop displays as you step out of the meeting room. You will have a number opportunities to visit with the representatives during breakfast, breaks. We greatly encourage you to visit with them and thank them for their constant support of the Federation.

### **National Office Staff**

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### **Registration Fees**

Registration fees include admission to the Leadership and Advocacy Workshops, breakfast, coffee breaks lunch and final programme.

### **Awards Luncheon**

The awards luncheon will be held on Saturday, June 23 at noon in the Colonel By Room of the Ottawa Congress Centre. Dr. Pat Mousmanis, chair of the Awards Committee, will be awarding the May Cohen Award and Dr. Cathy Wilkie, Honorary Secretary, will be Awarding the Honorary Membership. We wish to thank Mr. Eric Gervais and Ms. Carole Boyer of Duchesnay for their support of the May Cohen Award.

### **2007 AGM Organizing Committee**

Janet Dollin, MD, Ottawa, ON, Chair  
Gail Beck, MD, Ottawa, ON  
Susan Wilkinson, MD, Ottawa, ON  
Patricia Mousmanis, MD, Richmond Hill, ON  
Shajia Khan, MMBS, FRCPC, Ottawa, ON  
Andrée Poirier, Executive Coordinator, Ottawa, ON



## **“The Top 10 Reasons Why I Didn’t Save the World This Year”**

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### **Leadership and Advocacy Workshops**

**June 22-24, 2007**

**Ottawa Congress Centre, Capital Hall, Ottawa, Ontario, Canada**

### **Friday, June 22, 2007**

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16:00 – 17:00 Presentation of data on cervical cancer vaccine & immunology in older women, *Dr. Dirk Campens*  
17:00 Annual Board meeting

### **Saturday, June 23, 2007**

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07:00 – 08:00 Breakfast and Registration  
08:00 – 09:15 **FWMC Annual General Meeting**  
09:15 – 09:30 Nutrition Break  
09:30 – 10:00 *Conference Overview, Dr. Janet Dollin*  
10:00 – 10:30 Reason # 1 – *I Didn’t Know It Needed Saving, Dr. May Cohen*  
10:30 – 11:15 Reason # 2 – *I Couldn’t Decide Where to Start, Dr. Marla Shappiro*  
11:15 – 12:00 Reason # 3 – *I Had No Time: “How to Save the World in You Spare Time, Ms. Elizabeth May,*  
12:00 – 13:30 **Awards Luncheon**  
May Cohen Award and Honorary membership will be awarded at this special luncheon.  
Reason # 4 – *I Didn’t Know Women Doctors Could Do That, Dr. Jan Christilaw*  
13:30 – 15:00 **Leadership and Advocacy “Idea Factory” Discussions**  
Faculty facilitators: FMWC Board of Directors  
Reason # 5 – *I Plan To, But I Will Get To It Later*  
Discussion Leader: *Dr. Janet Dollin and Dr. Mamta Gautam*  
Reason #6 – *I Tried But Nobody Would Listen To Me, Discussion Leader: Ms. Shari Graydon*  
15:00 – 15:15 Nutrition Break  
15:15 – 17:30 **Panel discussion**, Chair: *Dr. Susan Phillips*  
Panel: *Hon. Dr. Carolyn Bennett, Dr. Ruth Collins-Nakai, Dr. Wendy Graham, Dr. Ruth Wilson, Dr. Janice Willett*  
Reason #7 & 8 *University, Hospital, Government and Association Politics are Too Messy*  
6:30 **Fundraising Gala for the Maude Abbott Research Fund** – Join us for an evening of great food, great company and excellent entertainment.

### **Sunday, June 24, 2007**

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Morning Chairperson: *Dr. Yolande Leduc*

08:30 – 09:00 Yoga sun salutation  
09:00 – 09:30 Breakfast  
09:30 – 10:30 Reason # 9 – *I Wanted to But Was Too Busy Carpooling/Caregiving, Dr. Andrea O’Reilly*  
10:30 – 11:30 Reason # 10 – *I Tried And Now I have No More Energy*  
*Drs. Danielle Nahon and Nedra Lander*  
11:30 – 12:00 **Evaluation and Wrap up** *Dr. Janet Dollin*



## Speakers Biographies

### Hon. Carolyn Bennett



*February, 2007* - The Honourable, Dr. Carolyn Bennett, PC, MP, was first elected to the House of Commons in the 1997 general election and was re-elected in 2000, 2004 and 2006 representing the Toronto riding of St. Paul's. Prior to her entrance into the Federal Liberal Leadership race Carolyn served as Opposition Critic for Social Development, a portfolio that includes

social policy areas such as child care, people with disabilities, homelessness and housing. Carolyn, also served as the Vice Chair on the Standing Committee on Health and sat on the Standing Committee on National Defense and traveled with the Committee in January 2007 to Afghanistan. Presently Carolyn is the Opposition Critic for Seniors, Canadians with Disabilities and the Social Economy Portfolio.

In Dec 2003, in the wake of the SARS epidemic, Paul Martin asked Carolyn to become Canada's first Minister of State for public health. During her 2 years as Minister, Carolyn set up the Public Health Agency of Canada, appointed the first Chief Public Health Officer for Canada and oversaw the establishment of a true public health network for Canada through which all 13 jurisdictions would be able to plan together in protecting the health of Canadians. Carolyn passionately drove the process to establish in 2005 the Public Health Goals for Canada.

Carolyn also served under the previous Liberal government in a wide variety of roles within Parliament, including Chair of the Standing Joint Committee on the Library of Parliament, the sub-Committee on the Status of Persons with Disabilities (Human Resources Development Committee) and was responsible for significant changes in the Disability Tax Credit, as well as the innovative e-consolation on the necessary changes to the Canada Pension Plan for Persons with Disabilities. Carolyn also served as a member of the Standing Committee on Government Operations and Estimates, the Standing Committee on Health, and the Standing Committee on Finance. As one of Parliament's most influential women MPs, she has chaired the Liberal Women's Caucus and the All-party Women's Caucus and last but not least was a member the Canada-Israel Parliamentary Friendship Group

Prior to her election, Dr. Bennett was a family physician and a founding partner of Bedford Medical Associates in downtown Toronto. She was President of the Medical Staff Association of Women's College Hospital and Assistant Professor in the Department of Family and Community Medicine at the University of Toronto. Dr. Bennett served on the Boards of Havergal College, Women's College Hospital, the Ontario Medical Association, and the Medico-Legal Society of Toronto.

In 1986, Dr. Bennett received the Royal Life Saving Society Service Cross -- a Commonwealth award recognizing her more than twenty years of distinguished service. In 2002, she was the recipient of the coveted EVE Award for contributing to the advancement of women in politics and in 2003 received the first ever CAMIMH Mental Health Champion Award. In 2005, Carolyn received the Non-Consumer involvement award for promoting and facilitating consumer participation within the CMHA. Carolyn was also the first recipient of the National Award of Excellence for Outstanding Leadership and Dedication to Injury Prevention and Safety promotion in Canada. Bennett is also author of "Kill or Cure? How Canadians Can Remake their Health Care System," published in October 2000.

She is very proud of her St Paul's model ... A real democracy between elections, her town hall meetings, neighbourhood checkups and weekly MSN chats have resulted in a 75% voter turnout in one of the youngest ridings in the country.

Dr. Bennett obtained her degree in medicine from the University of Toronto in 1974, and received her certification in Family Medicine in 1976. She and her husband, Canadian film producer Peter O'Brian, have two sons Jack and Ben and a lovely chocolate Lab named Marley.

### Dr. Dirk Campens



Worldwide Medical Affairs Director  
HPV Vaccine  
GlaxoSmithKline Biologicals, Rixensart,  
Belgium

Dr Dirk Campens received his medical doctorate from the University of Leuven and is a member of the Belgian College of Pharmaceutical Medicine.



While working in clinical practice, he pursued his academic interests as scientific project coordinator at the University of Leuven involved in quality of life research, outcome research and meta-analysis in association with the Cochrane Collaboration.

He subsequently participated in postgraduate courses in statistics, epidemiology, pharmaco-economics, pharmaceutical management, pharmaceutical medicine and training at the International Business School in Lausanne.

In 1995, he joined Organon, Belgium, working in the clinical development and medical affairs of central nervous system therapeutics. After holding several managerial posts, he was appointed Medical Director with responsibility for all gynecological and central nervous system products.

His involvement with vaccines and vaccination began in 2000 with Sanofi Pasteur MSD as Medical Director for the Northern Region. With his team, he was responsible for the follow-up of safety, epidemiology, medical affairs and clinical development of new and existing vaccines in the Scandinavian and Benelux countries. After 2 years he became the European Project leader of a multidisciplinary team responsible for the clinical development, filing and registration of the rotavirus vaccine in Europe.

In 2005 he joined GlaxoSmithKline Biologicals at their worldwide headquarters in Rixensart, Belgium as Director of Worldwide Medical Affairs for HPV Vaccines. In this role he's deeply involved in the late development and worldwide introduction of the HPV vaccine.

### Dr. Jan Christilaw



Dr. Jan Christilaw is VP of medicine for BC Women's Hospital and Health Centre in Vancouver, BC. She is also the Senior Medical Director of Provincial Women's Health Programmes at BC Women's Hospital, and in that capacity works widely across the province with regards to women's health issues and care delivery. Areas of special focus within this portfolio include Aboriginal

Women's Health, the Sexual Assault Service, Domestic Violence programming, as well as programming for substance using women (Aurora). She is Medical Director of Aboriginal Women's Health at BC Women's, and is co-leader of the Provincial Women's Health Network.

Dr. Christilaw graduated from McMaster medical school in 1981, and completed her residency in obstetrics –gynaecology at UBC in 1986. She recently completed a Masters of Health Care and Epidemiology at UBC. Presently, she is a Clinical Professor in the Department of Obstetrics –Gynaecology at UBC. She serves as consultant Gynecologists to the Oak Tree Clinic, which serves HIV positive women at BC Women's, as well as to the ACCESS clinic for women with disabilities. She is a practicing obstetrician, delivering babies at Peace Arch Hospital as well. She is also a Provincial Colposcopist in the BC programme.

Dr. Christilaw is Past-president of the Society of Obstetricians and Gynaecologists of Canada. She has served the Society in many capacities over the last 15 years, including many years on Council, as Co-Chair of the Ethics Committee, as a speaker at many meetings, regionally, nationally and internationally. She is a longstanding member of the FMWC.

She is on the Expert Advisory panel of CIHI (Canadian Institute for Health Information). She chaired the BC Women's Task Force on Ceasarean Section on Demand and remains a consultant to the BC Reproductive Care programme.

She has also been interested in International Women's Health for many years, with a special interest in international maternal mortality, and has worked internationally on a number of projects. This year, she has been working on creating a partnership between UBC and Makerere University in Kampala Uganda for services in Obstetrics, Pediatrics and Public Health, traveling to Uganda three times in recent months.

She is married to Dr. Warren Bourgeois, who is Professor of Philosophy and Bioethics at Kwantlen College. She has two sons, David aged 18 and Tim, aged 12.

### Dr. May Cohen



May Cohen is a past-president of the Federation of Medical Women of Canada. She is a Professor Emeritus in the Department of Family Medicine and a former Associate Dean at McMaster University. Throughout her career her major interests have been the career development of women physicians, women's health and the impact of gender on health. May has

given numerous presentations and published extensively on these topics. Her work has been recognized nationally and internationally.





She was the founding chair of the Women's Health Office at McMaster, the first such office in a faculty of medicine in Canada and a chair of the Women's Health Interschool Curriculum Committee (WHISCC) a coalition of women physicians from the then five medical schools in Ontario. The latter organization became the Gender Issues committee of the Council of Ontario Faculties of Medicine. May also chaired the Gender Issues Committee at the Canadian Medical Association.

She has been a member of a number of other committees not only addressing women's health and the careers of women physicians but also the health care system, organized medicine and the relationship of academia to the community.

May has been the recipient of a number of awards, including among others, a Governor-General's Award in recognition of her work in promoting the equality of women in Canada, the Association of American Medical Colleges (AAMC) Women in Medical Leadership Development Award, induction into the Gallery of Distinction of Hamilton, and the Medal of Service from the Canadian Medical Association. In 2005 she was selected as one of sixty-five physicians from fifty-eight countries to be profiled in the book "Caring Physicians of the World" published by the World Medical Association. In addition several awards have been named in her honour including the FMWC Ortho-May Cohen Award for the Promotion of Women's Health, the Canadian Medical Association May Cohen Award for Women Mentors and the Association of Faculties of Medicine of Canada May Cohen Gender Equity Award. In addition an endowed chair in women's health- the Eli-Lily-May Cohen Chair- has been established at McMaster.

### **Dr. Ruth Collins-Nakai**



Pediatric and adult congenital cardiologist Ruth Collins-Nakai — known as "Dr. Ruth" by her patients — was born in southern Alberta. She graduated from the University of Alberta medical school in 1972, and after interning at McGill, returned to Alberta to pursue pediatric training. She did her cardiology fellowship at Harvard University, and completed an MBA in 1998.

In 1977 Dr. Collins-Nakai joined the faculty of the University of Alberta, serving in various academic positions, including Professor of Pediatrics and Associate

Dean of Medicine of the Faculty of Medicine and Dentistry. She was highly regarded as a mentor and professor, earning the honour of Teacher of the Year (Pediatrics) in 1988 and 1997.

In addition to establishing the Heritage Pediatric Cardiology Program, precursor of the current Western Canadian Congenital Heart Program, Dr. Collins-Nakai introduced ultrasound of the heart, helped establish an infant heart surgery program, and was the first to perform many innovative interventional catheterization procedures in Western Canada. Her research interests include cardiac metabolism, epidemiology, preventive cardiology and congestive heart failure. In 2001 she left her academic position at the University of Alberta to divide her time between clinical practice and health care consulting.

Dr. Collins-Nakai has fulfilled numerous leadership positions in the health care and volunteer fields including president of The Muttart Foundation and member of the Premier's Commission on Future Health Care for Alberta. In 1987 she became the first woman elected president of the Alberta Medical Association. She was also both the first woman and first Canadian to chair the Board of Governors of the American College of Cardiology, and most recently served as the first woman president of both the Canadian Cardiovascular Society and InterAmerican Society of Cardiology. In addition to being a founding member of the Canadian Institutes of Health Research Governing Council, she also reviewed grants for institutions such as the Canada Foundation for Innovation and the National Institutes of Health. In 2001 the International Academy of Cardiovascular Sciences awarded her its Distinguished Achievement Award for promoting cardiovascular education and research throughout the world. She also volunteers extensively in the community.

Dr. Collins-Nakai has a long history of involvement with the CMA and has represented Alberta as a delegate to CMA General Council and served a term on the CMA Board. She has been a member of the Physician Resources Committee, various task forces, the Committee of Affiliates, and the CMAJ Oversight Committee. Most recently, she was selected by her peers to be the national spokesperson for the Wait Time Alliance of Canada (WTA), which is comprised of the Canadian Medical Association and six national specialty societies. In September 2005, Dr. Collins-Nakai was chosen as one of Alberta's 100 "Physicians of the Century" in recognition of her achievements and contributions to her community. In November 2005, she was a recipient of the 2005 award



for "Canada's Most Powerful Women: Top 100" from the Women's Executive Network.

Dr. Collins-Nakai's personal interests include the outdoors, golfing, skiing, reading and travelling. Her husband, Dr. S.S. (Nick) Nakai, retired from cardiovascular-thoracic surgery practice in 2001. They have two grown children, Natasha and Sunil.

### Dr. Wendy Graham



Dr. Wendy Graham is the Lead Physician with North Bay's Blue Sky Family Health Team and has been in full-time comprehensive family practice for over 20 years. She has been awarded the College of Family Physicians of Canada, Dr. Jean-Pierre Despins Award for 2004 and the Distinguished Service Award from the Ontario Medical Association for 2002.

She is a member of a number of provincial and national boards; the Anemia Institute of Research and Education, past member of the Canadian Council for Integrated Health Care, past member of Ontario Medical Association Board of Directors. Also, Dr. Graham is a representative on the board for the LHIN 13 committee.

Dr. Graham has also spearheaded the first wave of the Family Health Team in Northern Ontario. The Canadian Medical Association wrote, in August 2003 in honour of the Commemorative Medal for Her Majesty Queen Elizabeth II's Golden Jubilee awards:

*"As one of the architects of this new model for delivering patient services in Ontario, her entry into the network declares her faith in its strength. In helping to shape the new model, Dr. Graham took particular pride in shifting the focus of care "from individual sickness intervention to looking at the broader aspects of health promotion and wellness in the population."*

Presently Dr. Graham holds an Assistant Professorship at the University of Ottawa and acts as a preceptor for NOMEAC and new Northern Ontario Rural Medical School as well as the President and CEO of the newly formed Association of Family Health Teams ([www.ahto.com](http://www.ahto.com)).

### Shari Graydon



Shari Graydon draws on her diverse background – as a newspaper columnist, broadcaster, communications instructor, speechwriter and media critic – in her work supporting individuals and organizations in communicating effectively about the issues they care most about. She has written two award-winning media literacy books for young people. *Made You Look – How Advertising Works* and *Why You Should Know* has been called a kind of "NO LOGO for kids". The *Toronto Star* called *In Your Face – the Culture of Beauty and You*, which won the Norma Fleck prize for non-fiction, "a junior version of *The Beauty Myth*", but with humour and pictures. Shari's lively, image-based presentations encourage both children and adults to bring a critical perspective to all forms of media and pop culture.

### Nedra Lander and Danielle Nahon



Dr. Danielle Nahon is a Clinical Psychologist in private practice, and Assistant Professor of Psychiatry, Faculty of Medicine, University of Ottawa. Dr. Nedra Lander is Clinical Professor, School of Psychology, University of Ottawa; Assistant Professor of Psychiatry, Faculty of Medicine, University of Ottawa, and a Clinical Psychologist with the Urgent Care Clinic of The Ottawa Hospital. Danielle and Nedra are co-chair the Women Faculty Mentoring Program for the Faculty of Medicine at the University of Ottawa. They host regular medical and continuing education programs on wellness, finding harmony between work and personal life, and mentoring in academic medicine.

Nedra and Danielle have developed an Integrity model of wellness, with a special focus on physician and caregiver wellness, on organizational wellness, and on dealing with workplace stress and burn-out. They have written articles and book chapters on the Integrity model, and have appeared in numerous media programs on issues of health promotion, men's and women's issues, and dealing with stress in the workplace. Their model of values, integrity and the healthy workplace



has been presented in such forums as the Treasury Board Secretariat of Canada, the International Physician Health Conferences, the American College of Physician Executives, and the American Psychological Association-National Institute of Occupational Health & Safety conferences on workplace health. They have taught numerous physicians, medical students, resident and interns as well as students in psychology and other health care disciplines. Nedra and Danielle's book on the Integrity model in working with the 'difficult patient' was recently published by Routledge, London.

Nedra and Danielle are deeply committed to both men's and women's health including mental health issues. Their philosophy is one of a respectful dialogue and collaboration between men and women. Nedra and Danielle founded and chaired the former Men's Clinic at The Ottawa Hospital, internationally acknowledged for its program development and research on psychotherapy with men and recognized by the American College of Physician Executives. They developed a program of community health promotion and Continuing Medical Education on men and health care issues for physicians and other health care providers, organized and co-chaired the First Conference on Men's Health Care, and chaired the First International Multi-Disciplinary Congress on Men held at Carleton University.

The Integrity Model is a philosophical organizing umbrella about oneself and one's relationship with the world, in a manner which enhances the self as an integral human being on all levels mind, body and soul. Danielle and Nedra believe that no-one can empower another. Rather, as individuals learn how to apply the tenets of the Integrity Model in their own lives, they learn to reclaim their personal power as they find ways of honouring their values and finding a renewed sense of purpose, meaning and wellness in their professional and personal lives.

### Yolande Leduc



Diplômée de l'Université de Montréal, Dre Yolande Leduc travaille comme médecin de famille en pratique active de périnatalité au Centre Hospitalier Pierre-Boucher (CHPB) à Longueuil. Dre Leduc compte notamment parmi ses patientes des adolescentes enceintes auprès desquelles elle est particulièrement impliquée. Elle a par ailleurs participé à titre d'experte dans différents dossiers se rapportant à la pratique obstétricale aux niveaux provincial et national.

Elle est membre du comité de gestion de risque au CHPB ainsi que membre du conseil des gouverneurs de la Fondation du CHPB, pour lequel elle a été vice-présidente pendant dix ans. Elle siège au groupe Vigilance du Ministère de la santé du Québec. Elle est aussi membre du comité scientifique du forum pour les chefs de file de l'Association médicale canadienne (AMC) ainsi que membre du GP Forum de l'AMC comme représentante du Québec.

Dre Leduc a participé à des activités d'enseignement prédoctoral et de formation continue auprès des omnipraticiens pendant plus de vingt ans. Elle a de plus contribué à la promotion de la pratique obstétricale par les médecins de famille. Dre Leduc est à l'origine de la chronique de périnatalité pour la revue *Le Médecin du Québec*. Elle est par ailleurs membre fondatrice de l'Association des omnipraticiens du Québec, et a été éditrice en chef du journal *Le Cordon* de cette association.

### Elizabeth May



Elizabeth May is an environmentalist, writer, activist, lawyer, and leader of the Green Party of Canada. Elizabeth became active in the environmental movement in the 1970s. She is a graduate of Dalhousie Law School and was admitted to the Bar in both Nova Scotia and Ontario. She held the position of Associate General Council for the Public Interest Advocacy

Centre prior to becoming Senior Policy Advisor to the federal minister of the Environment from 1986 until 1988. Elizabeth became Executive Director of the Sierra Club of Canada in 1989, a position she held until March 2006, when she stepped down to run for leadership of the Green Party of Canada.

Elizabeth is the author of five books, including her most recent *How to Save the World in Your Spare Time*, a manual for activists. Elizabeth holds two honorary doctorates, and the Elizabeth May Chair in Women's Health and the Environment at Dalhousie University was created in her honour. She has served on the boards of numerous organizations, including the International Institute for Sustainable Development and the National Round Table on Environment and Economy and is currently is a member of the Earth Charter International Council. Elizabeth became an Officer of the Order of Canada in 2005, and was recently elected as leader of the Green Party of Canada.



### Andrea O'Reilly



Andrea O'Reilly, PhD, is Associate Professor in the School of Women's Studies at York University where she teaches a course on motherhood (the first course on Motherhood in Canada) and the Introduction to Women's Studies course. She is co-editor/editor of eight books on Motherhood: *Redefining Motherhood: Changing Identities and Patterns* (Second

Story Press, 1998), *Mothers and Daughters: Connection, Empowerment and Transformation* (Rowman and Littlefield, 2000), *Mothers and Sons: Feminism, Masculinity and the Struggle to Raise our Sons* (Routledge Press 2001), *From Motherhood to Mothering: The Legacy of Adrienne Rich's Of Woman Born* (SUNY, 2004), *Mother Outlaws: Theories and Practices of Empowered Mothering* (Women's Press, 2004), *Mother Matters: Mothering as Discourse and Practice* (ARM Press, 2004), *Motherhood: Power and Oppression* (Women's Press, 2005) and the forthcoming *Feminist Mothering* (SUNY, 2007).

She is also co-editor of *You CAN Get There From Here: 25 Years of Bridging Courses for Women at York University* (School of Women's Studies, 2006). She is author of *Toni Morrison and Motherhood: A Politics of the Heart*, (SUNY, 2004) and *Rocking the Cradle: Thoughts on Motherhood, Feminism, and the Possibility of Empowered Mothering* (Demeter Press, 2006). She is currently completing an edited book on Maternal Subjectivities and beginning another three on Motherhood in Contemporary Women's Literature, the Mothers Movement and *20th Anniversary of Sara Ruddick's Maternal Thinking*. As well, she is writing a memoir of motherhood.

She has presented her research at fifty plus conferences in more than a dozen countries and was a keynote speaker on the "Feminist Mothering" Panel at the 2006 National Women's Studies conference. O'Reilly is founder and director of the Association for Research on Mothering, (ARM); the first feminist research association on the topic of mothering-motherhood with 500 plus members worldwide. She is founder and editor-in-chief of the *Journal of the Association for Research on Mothering*. In 2006, as director of ARM, she founded Demeter Press, the first feminist press on motherhood. As well, she is founder of the feminist mothers group "Mother Outlaws". In 1998 she was the recipient of the University wide "Teacher of the Year" award at York University. She has given many talks and conducted numerous workshops on motherhood and mothering. She had been interviewed

widely on this topic including appearances on "More to Life", "Planet Parent", "Canadian Living Television", "Sex TV", "Next.New.Now" CBC radio and Time Magazine.

Andrea and her common-law spouse of twenty-four years are the parents of an twenty-two year old son and two daughters, ages twenty and seventeen.

### Susan Phillips



Susan Phillips is a Professor of Family Medicine and the Equity Officer for Queen's University's School of Medicine. Her research on gender and health has been published in many journals including the *New England Journal of Medicine and Social Science and Medicine* and is the subject of the many talks she has been invited to give in Europe, Australia, Canada and India.

Although she can't ride a horse and has never lived west of Sioux Lookout Susan loves a good country music song and the twang of a steel guitar.

### Marla Shapiro



Marla Shapiro received her medical degree from McGill University in Montreal. She completed her residency in Family Medicine at the Sir Mortimer B. Davis Jewish General Hospital in Montreal and received her Certification in Family Medicine from the College of Family Physicians of Canada. She subsequently trained at the University of Toronto receiving her Masters of

Health Science in Community Health and Epidemiology. She received both the Milton H. Brown Award and Donald T. Fraser Medal in Community Health and Epidemiology. She completed her specialty training in Community Medicine receiving her Fellowship in Community Medicine from the Royal College of Physicians and Surgeons of Canada. She started her academic career at The Toronto Hospital, Toronto Western Division in 1983 in the Department of Family and Community Medicine. Her responsibilities included out patient care, in patient ward medicine, resident training and supervision as well as research. She is an Associate Professor in the Department of Family and Community Medicine at the University of. In 2001 she was recognized by the College of Family Physicians of Canada for her outstanding contributions to the field with an honorary Fellowship in Family Medicine. She has also received certification from NAMS, the North



American Menopause Society, recognizing her as a menopause expert. She has just been appointed to the advisory board Canadian Partnership Against Cancer.

In 1993 she joined City TV in Toronto, Ontario as the medical expert on the nationally syndicated show Cityline. Shortly thereafter she became the medical expert for City Pulse and CP24 News. In 2000, she became the Health and Medical Contributor for CTV's Canada AM. In addition to her weekly appearances on Canada AM, she is seen every weekend on Newsnet and as the medical consultant on CTV's National News with Lloyd Robertson. In 2003 Dr. Shapiro started hosting Balance.....television for living well, a 30 minute health and lifestyle shown seen daily on CTV in Canada as well as internationally in Israel and Korea.

Dr. Shapiro is also the nationally syndicated health columnist for the Globe and Mail Newspaper and can be read every other Tuesday.

Doctor Shapiro is in private practice in Toronto. She sits on several organizations, is a member of many boards including the Regional Osteoporosis Board, lectures regularly and has broad experience in Women's Health Care. In 2005 she was awarded the acclaimed Media Award from NAMS for her contributions in furthering the understanding of menopausal health in women. In 2006, she won the Society of Obstetricians and Gynaecologists of Canada/Canadian Foundation for Women's Health Award for Excellence in Women's Health Journalism for her documentary Run Your Own Race. In addition the documentary has won the prestigious REMI, Gold Award, at the Huston International Film Festival, The Chris Award from the Columbus International Film Festival as well as the US International Film and Video Festival Award in Redondo Beach California. She also was a film finalist at the Freddie Awards in New York.

Dr. Shapiro is the author of Life In The Balance: My Journey with Breast Cancer (Harper Collins 2006).

### **Ruth Wilson**



Dr. Ruth Wilson is a practicing family physician, educator and a strong advocate of primary health care reform. She is President-elect of the College of Family Physicians of Canada. She is a Professor of Family Medicine at Queen's University and was Chair of the Department for ten years. From 2001-2004 she served as Chair of the

Ontario Family Health Network (OFHN), an arm's-length provincial government agency created to implement primary care reform in Ontario.

After graduating from the University of Toronto (U of T) medical program in 1976, she did further training in family medicine and anesthesia, and then worked Sioux Lookout, Ontario providing care to a number of isolated First Nations communities. She also practiced in the remote communities of Bella Coola, British Columbia, and Baie Verte, Newfoundland, before returning to Sioux Lookout in 1985.

By 1989, as the mother of five young children, Dr. Wilson and her husband, Dr. Ian Casson, also a family physician, decided to establish a residence and practices in Kingston, Ontario. That same year, she accepted a position with the Department of Family Medicine at Queen's University. She served as coordinator of the Moose Factory Program, a medical outreach program to aboriginal people living on the west coast of James Bay. While department head she also chaired the Queen's University / Bosnia-Herzegovina steering committee, and helped establish family medicine in that country immediately post-war in 1995.

Dr. Wilson's research interests are in women's health, aboriginal health, and the lessons from these areas that affect the determinants of health. She is the co-author of the Women's Health chapters of the Oxford Textbook of Primary Care, and the editor of Implementing Primary Care Reform: Barriers and Facilitators.

In May 2002, Dr. Wilson received an honorary Doctor of Laws from the British Columbia Open University. She was the recipient of the May Cohen Award from the Federation of Medical Women of Canada in 1997



## Overview of FMWC Presentation: The Top Ten Reasons Why I Didn't Save the World This Year

### Reason # 1. I THOUGHT IT WAS ALREADY SAVED

In this presentation I shall focus on the two components of the mission statement of the Federation of Medical Women of Canada;

1. A commitment to the development of women physicians and
2. The promotion of the well-being of all women.

I shall first speak about women in medicine, their current participation in the profession, the contributions they have made to health care and the barriers they still face.

I shall then consider the many conditions which adversely affect the health and well-being of women and the impact on these of gender, in concert with the other determinants of health.

I believe that there is still a great deal for the Federation to achieve in both these areas in fulfilling its mission.

Finally I shall briefly speak of my own career, the lessons I have learned and the many factors which enhanced my experience.

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### SUGGESTED READING: MAY COHEN PRESENTATION TO FMWC JUNE 23 2007

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## Worksheets

### **“The Top 10 Reasons I Didn’t Save the World this Year”**

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Please complete this worksheet as you listen to speakers and at breaks: what you write here is strictly for your own learning and will go home with you today.

<b>Reason #1 – I Didn’t Know It Needed Saving: Dr. May Cohen</b>	
Pearl of Wisdom for Reason #1: _____ _____	
What are the greatest challenges for women?	_____ _____ _____ _____ _____
For women physicians?	_____ _____ _____ _____ _____
For women’s health?	_____ _____ _____ _____ _____
What has May Cohen role modeled for me? _____ _____ _____ _____ _____ _____	





<b>Reason # 2 – I Couldn't Decide Where to Start: Dr. Marla Shapiro</b>	
Pearl of Wisdom for Reason #2: _____ _____	
My particular talent is....	_____ _____ _____ _____ _____
My passion is ....	_____ _____ _____ _____ _____
I know that I need.....	_____ _____ _____ _____ _____
My conscience tells me...	_____ _____ _____ _____ _____
Where could these 4 things overlap?	_____ _____ _____ _____ _____
What has Marla Shapiro role-modeled for me? _____ _____ _____ _____ _____ _____ _____	



**Reason # 3 – I Had No Time “How to Save the World in Your Spare Time” Ms. Elizabeth May**

<p>Politics 101 What will you take home from this talk?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Do I have spare time to save the world?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Do I need spare time or a specific skill set or mind set?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Can I get these somewhere?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>What has Elizabeth May role-modeled for me?</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



<b>Reason # 4 – I Didn't Know Women Doctors Could Do That? Dr. Jan Christilaw</b>	
Pearl of Wisdom for Reason #4 _____ _____	
Do I consider myself a feminist? An advocate? An activist? A tempered radical?	_____ _____ _____ _____ _____
Did you consider yourself one before attending this meeting?	_____ _____ _____ _____ _____
Noticing: Aha ! moments: what one(or more) insights have I had at this point in the day?	_____ _____ _____ _____ _____

<b>Reason # 5 – I Plan To, but I will Get To It Later Dr. Mamta Gautam and Dr. Janet Dollin</b>		
Pearl of Wisdom for Reason #5 _____ _____		
Urgency/ Addiction Grid	Urgent	Non-urgent
Important	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____
Non-Important	_____ _____ _____ _____ _____	_____ _____ _____ _____ _____



Questions	Academic/Career	Personal
What is the greatest challenge I personally will face in the next year?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
In the next five years?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What one activity that I KNOW if I did extremely well and consistently would have a significant impact on my personal/professional life?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
If I KNOW this, why am I NOT doing it now?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What would I do if someone handed me 30 minutes?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What would I do if someone handed me a day?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What would I do if someone handed me 3 months?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



<b>Reason # 6 – I Tried But Nobody Would Listen To Me Ms. Shari Graydon</b>	
Pearl of Wisdom for Reason #6 _____ _____	
Are my physical and vocal presentation skills at their best?	_____ _____ _____ _____
How are my skills at crafting compelling messages?	_____ _____ _____ _____
What can I do to increase my profile and authority?	_____ _____ _____ _____

<b>Reason # 7 – University/ Hospital/Association Are Too Messy – Panel: Chair, Dr. Susan Phillips, Hon. Dr. Carolyn Bennett, Dr. Ruth Collins-Nakai, Dr. Wendy Graham, Dr. Ruth Wilson, Dr. Janice Willett</b>	
Pearl of Wisdom for Reason # 7 _____ _____	
Which of my personal “greatest challenges” listed above fall into this category of association/hospital/ university politics?	_____ _____ _____ _____
Choosing from amongst my greatest challenges, is there one that would be better to address as a Federation of Medical Women of Canada rather than as an individual?	_____ _____ _____ _____
What would be our first step?	_____ _____ _____ _____



**Reason # 8 – Government Politics Are Too Messy - Panel: Chair, Dr. Susan Phillips, Hon. Dr. Carolyn Bennett, Dr. Ruth Collins-Nakai, Dr. Wendy Graham, Dr. Ruth Wilson, Dr. Janice Willett**

Pearl of Wisdom for Reason # 8:

How has today affected my thinking about politics?

If I am to be an effective advocate for my patients, how can I best do that?

Is there something specific I will do next week that relates to this? Longer term?



<b>Reason # 9 – I Wanted To But Was Too Busy Carpooling/Care giving – Dr. Andrea O’Reilly</b>	
Has your childrearing been feminist?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Are women physicians like most other working women?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
What would it take to make caregiving or mothering work better for me and my family?	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

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## 10 Top Reasons Why I Did Not Save the World

### Reason # 10: I Tried and Now I Have No More Energy

#### Or: How to Avoid Burn-out

Dear colleague:

Can we save the world? And if so, how do we do this while finding a sense of harmony between our numerous tasks and responsibilities, and avoiding burn-out? Come and join the circle as we welcome you to our Integrity-model, value-based workshop—the last of the conference!

Our learning objectives today are to invite you to:

1. Identify and rank the values which influence your decision-making and your lives, personally and professionally;
2. Understand and value the price tags for your value rankings; and
3. Identify and begin addressing value clashes towards enhancing a sense of harmony in your professional and personal lives;

### WORKSHOP DESCRIPTION

Please join us as we explore ways to identify and rank the values which influence our decision-making personally and professionally, to deal creatively with stress, and find harmony across the fabric of our lives. The Integrity model of wellness will be offered as a philosophical frame of reference which bridges the physical, spiritual and psychological dimensions of prevention and wellness. You will begin to discover ways to trust and use your selves and your own sense of wisdom as physicians and as women to as catalysts for working effectively others in resolving the conflicts of daily living and find a greater sense of harmony and wellness across the fabric of your lives.

The workshop will begins with a contract of confidentiality. The Integrity model (Lander & Nahon, 2005) is a wellness-based, existential framework which views the human being as a valuing being. Mental health and well-being are viewed as the outcome of living in accordance with one's personal value systems, and of living each situation with integrity—defined as honesty, responsibility, and community. This is the pearl that we have found for ourselves and will share with you: Integrity as a way to do life easily, meaningfully and joyously.

This discussion will be of relevance across areas of medical specialties and interests. Participants will explore issues of meaning as they traverse the various developmental phases in their lives, the crisis of value clashes, their ever-involving identity as individuals and as health care professionals, the business of being a physician and the value of relationship in their daily lives, present and future. In this context, we will examine the "10 reasons why I did not save the world", and what these might reflect with reference to issues and dilemmas of integrity.

So, come on out! We are down-to-earth and simple folk with a warmth and synergy which welcomes group members into the circle. The Integrity Model is a philosophical organizing umbrella about oneself and one's relationship with the world, in a manner which enhances the self as an integral human being on all levels—mind, body and soul. We firmly believe that no-one can empower another. Rather, as individuals learn how to apply the tenets of the Integrity Model in their own lives, they learn to reclaim their personal power as they find ways of honouring their values and finding a renewed sense of purpose, meaning and wellness in their professional and personal lives.

Nedra Danielle

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**Reason # 10 – I Tried And Now I Have No More Energy- Dr. Danielle Nahon & Dr. Nedra Lander**

Am I in harmony with my beliefs?

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What one thing can I do differently tomorrow to improve my harmony?

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