

Reclaim  
Your **JOY of**  
**MEDICINE**

**1st Annual Summit**



**SEPTEMBER 23, 2017**  
**ARDEN HILLS CLUB & SPA - GOLD ROOM**  
**7:30AM TO 2:00PM**

# Summit Agenda

7:30AM - 8:15AM

## **Registration and Breakfast**

8:15AM - 9:00AM

### **“The Art of Mindfulness”**

Rajiv Misquitta, M.D., F.A.C.P.

Discover mindfulness techniques, the science and research behind mindfulness, and why this is important to physicians.

9:00AM - 9:45AM

### **“Gratitude Works! Why Gratefulness is Indispensable for Patient and Provider Wellness”**

Robert Emmons, Ph.D.

Explore how gratitude in medicine can heal, energize, and transform lives.

10:00AM - 10:45AM

### **“More Productive, Less Reactive”**

Daniel Rockers, Ph.D.

Learn techniques to enhance productivity and to address information overload.

11:00AM - 11:45AM

### **“Addressing Vicarious Trauma in Community Health: The Healer’s Art”**

Melissa Marshall, M.D.

What do we as physicians give up in order to become healers? What parts of ourselves do we have to disconnect in order to do this work?

11:45AM - 12:45PM

## **Lunch**

12:45PM - 1:30PM

### **“Real-Time Physiological Activity of Self-Compassion”**

Amir Ramezani, Ph.D.

Learn about and see how multiple physiological systems change with mindful self-compassion.

1:30PM - 2:00PM

### **“Connect the Docs”**

Rajiv Misquitta, M.D., F.A.C.P.

Where do you go from here?

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Institute for Medical Quality/California Medical Association (IMQ/CMA) through the joint providership of the Cooperative of American Physicians, Inc. and Sierra Sacramento Valley Medical Society.

The Cooperative of American Physicians, Inc. designates this live lecture for a maximum of 5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Speaker Profiles

## Keynote:

### **Robert Emmons, Ph.D.**

Robert A. Emmons, Ph.D. is Professor of Psychology at the University of California, Davis where he has taught since 1988. He received his Ph.D. degree from the University of Illinois at Urbana Champaign. He is the author of over 200 original publications in peer reviewed journals or chapters and has written or edited eight books, including *The Psychology of Ultimate Concerns* (Guilford Press), *The Psychology of Gratitude* (Oxford University Press), *Thanks! How Practicing Gratitude Can Make You Happier* (Houghton-Mifflin), *Gratitude Works! A Twenty-One Day Program for Creating Emotional Prosperity* (Jossey-Bass) and *The Little Book of Gratitude* (Hachette).



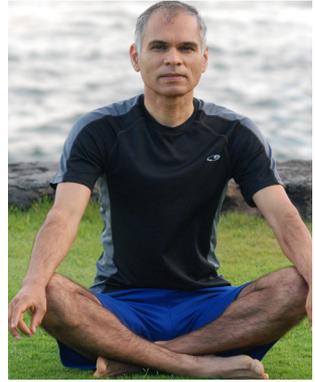
A leader in the positive psychology movement, Dr. Emmons is founding editor and editor-in-chief of *The Journal of Positive Psychology*. He is Past-President of the American Psychological Association's Division 36, The Psychology of Religion and Spirituality. His research focuses on the psychology of gratitude and thankfulness in both adults and youth, and also include the psychology and spirituality of joy and grace as they relate to human flourishing. Professor Emmons speaks regularly at medical and psychological conferences and at public events. Dr. Emmons has received research funding from the National Institute of Mental Health, the John M. Templeton Foundation, and the National Institute for Disability Research and Rehabilitation. His research has been featured in dozens of popular media outlets including the *New York Times*, *USA Today*, *U.S. News and World Report*, *Newsweek*, *Time*, *NPR*, *PBS*, *Consumer Reports*, *Wall Street Journal*, *Forbes*, and the *Today Show*.

He lives with his wife of 22 years, Yvonne and their two sons and two dogs in Davis, California.

# Speaker Profiles

## **Rajiv Misquitta, M.D., F.A.C.P.**

Dr. Rajiv Misquitta was born in India where he lived until the age of 13. As a first-generation immigrant, he grew up in New York and attended medical school at the State University of New York in Brooklyn. He completed his residency in Internal Medicine at the University of California at Davis, where he also served as chief resident. He was inducted into the Alpha Omega Alpha Medical Honor Society. Dr. Misquitta has been working as a physician with The Permanente Medical Group for the past 18 years, where he also serves as Vice Chair on their Board of Directors. He is President-Elect of the Sierra Sacramento Valley Medical Society and Chair of the Joy of Medicine Advisory Committee. After a personal illness at age 40, Dr. Misquitta has dedicated himself to transforming his life and the lives of his colleagues and patients. He is the principal investigator of a research trial evaluating the reversal of diabetes and heart disease using lifestyle measures. He is a certified Yoga Instructor, personal trainer as well as a plant-based chef. He is also co-author of the book, *Healthy Heart, Healthy Planet*.



## **Melissa Marshall, M.D.**

Dr. Melissa Marshall serves as the Chief Medical Officer for CommuniCare Health Centers in Davis, California where she focuses on value-based care through practice transformation. She represents CommuniCare at Partnership Health Plan's Physician Advisory Committee and as the chair of Yolo County Medical Directors' Committee. Dr. Marshall came to CommuniCare Health Centers from her role as the Chief Medical Officer of Community Health Center Network (CHCN). She previously served as the Associate Medical Director for Family Care Health Centers, a federally-qualified health center in St. Louis, Missouri. Dr. Marshall received her undergraduate degree from Stanford University, her medical degree from Washington University in St. Louis, and then completed her Family Medicine residency at University of California at Davis Medical Center. Dr. Marshall has served on numerous boards and committees to improve the quality of healthcare in the safety net. She has overseen medical missions overseas to Nepal and Honduras and always enjoys a new adventure, her most recent of which is settling in Winters and raising chickens.



# Speaker Profiles

## **Amir Ramezani, Ph.D.**

Dr. Amir Ramezani is active in multiple professional community and educational leadership roles, including serving as the 2017 President of the Western Association for Neuroscience and Biofeedback (WABN), founder and chair of the Behavioral Medicine and Neuropsychology section of the Sacramento Valley Psychological Association (SVPA), and Director of the University of California, Davis TNT PCP Pain Psychology and Neuropsychology Education. Currently, he works at the UC Davis Medical Center, where he spearheaded the development of mindfulness based-psychotherapy, trauma therapy, neuropsychological testing, and biofeedback services. He also teaches primary care physicians, combined internal medicine and psychiatry residents, nursing students, and physician assistant students. He has written multiple publications in the areas of integrative psychotherapy, management of chronic pain, and neurocognitive functioning.



## **Daniel Rockers, Ph.D.**

Dr. Daniel Rockers, known as an idea generator and change agent, has been in practice as a psychologist for 20 years. His specializations are in Chronic Pain and posttraumatic stress. He has both a Master's and Ph.D. from University of North Texas. His specialization in neuropsychology gives particular insight into mind-body relationships, which led to his current specializations. Dr. Rockers is author of numerous articles and book chapters including *Pain and Affective Disorders in The Massachusetts General Hospital Handbook of Pain Management*, as well as *Psychopharmacology for the Pain Specialist* in the same book. His chapter on psychopharmacology was also included in Carol Warfield's *Principles and Practice of Pain Medicine*, 2nd Edition. In the 3rd Edition, he wrote the chapter titled *Mind/Body Interventions in the Management of Chronic Pain*. Dr. Rockers is currently the President of the Sacramento Valley Psychological Association, and an active member of the California Psychological Association. He enjoys being active in local and state organizations, as well as doing advocacy work. He lives and works in Sacramento.



# Notes

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