



The Royal Australian and New Zealand College of Obstetricians and Gynaecologists

Doctor's health and wellbeing workshop

RANZCOG annual scientific meeting, pre meeting workshop

Thursday 6 April 2017, Albury NSW

Dr Helen Schultz



Dr Helen Schultz is a consultant psychiatrist, author and public speaker. She has been an advocate of doctors in training since her time as President of AMA(Vic) Doctors in Training subdivision in 2003. She is a coach and mentor of doctors in training, and creates niche medical education workshops via her company CPD Formulations Pty Ltd.

Dr Schultz works in private practice and has a particular expertise treating doctors and medical students with mental health issues. She has been a tireless advocate regarding doctor's mental health and suicide, after losing three of her psychiatry colleagues to suicide in the space of two weeks in 2015. At this time she supported numerous colleagues who struggled in the aftermath. She was a founding member of BeyondBlue's doctor's mental health committee.

Dr Schultz will deliver a keynote presentation regarding the current factors leading to doctor ill-health and suicide, including the concept of self, authenticity and loss of self when working in medicine. Using her expertise as a psychiatrist she will present a psychological autopsy of a physician who suicided in the US. She will also facilitate a practical role play session covering clinical scenarios and having crucial conversations in the workplace.