

(RE)CONNECTION SUPPORTS  
RESILIENCE



**PSYCHIATRY DEPARTMENT  
2022 WOMEN'S FACULTY RETREAT**

*Tower Hill Botanic Garden*  
11 French Dr  
Boylston, MA 01505



CONFERENCE ROOM A/B

Tuesday, April 12<sup>th</sup>, 2022  
9:00 AM – 3:00 PM

*An opportunity to be inspired and  
spend time with colleagues!*

## Program Schedule



9:00 to 9:15 am: Coffee & Pastries

9:15 to 9:30 am: *Opening Remarks*

Kimberly Yonkers, MD, Chair of Psychiatry

9:30 to 10:30 am: Keynote Presentation

***The Biology of Burnout and Remedies  
to Restore Resilience***

Heather C. Forkey, MD

10:30-10:45 Break

10:45 to 11:30 am: ***Leadership: My Personal Journey***

Jean Frazier, MD

11:30 to 12:30 pm: Lunch

12:30-1:15 am: **Nexus of Sisterhood and Success**

Jean King, PhD

1:15 to 1:30 pm: Break

1:30 to 2:15 pm: Interactive Workshop

**(Setting Effective Boundaries in The Service of  
Building a Valued Life)**

Phoebe Moore, PhD

2:15 to 2:45 pm: ***Optional Gentle Yoga***

Melissa Anderson, PhD

2:45 to 3:00 pm: Wrap Up & Door Prizes

## Keynote Speaker

### **Heather C. Forkey, MD**

Chief, Child Protection Program (CPP)

Director, Foster Children Evaluation Service (FaCES)

Medical Director, Lifeline4Kids

Professor of Pediatrics

Vice-Chair for Wellness, Department of Pediatrics

UMass Memorial Children's Medical Center

UMass Chan Medical School



**Dr. Heather C. Forkey** is a Professor of Pediatrics and at the University of Massachusetts Chan Medical School, and Division Director for the Child Protection Program and Foster Children Evaluation Service (FaCES) of the UMass Memorial Children's Medical Center. She also serves as the Medical Director of Lifeline4Kids at University of Massachusetts Medical School. She received her undergraduate degree from Cornell University and medical

degree from the State University of New York at Buffalo School of Medicine and Biomedical Sciences. She completed her pediatric residency and chief residency at Children's Hospital of Philadelphia.

In addition to her clinical work, Dr. Forkey has been the recipient of local and federal grants to address issues of children in foster care and to translate promising practices to address physical and mental health needs of children who have been traumatized. She has published and presents nationally and internationally on the topics, serves leadership roles for the National Child Traumatic Stress Network and American Academy of Pediatrics on issues related to foster care and child trauma. She recently coauthored the book *Childhood Trauma and Resilience: A Practical Guide*, now available from AAP Press.

<https://www.umassmed.edu/pediatrics/divisions/protection>

## Speakers & Instructors



**Jean A. Frazier, MD** is the Executive Director of the Eunice Kennedy Shriver Center and the Co-Director of the CANDI research lab. She holds the Robert M. and Shirley S. Siff Endowed Chair in Autism and is Professor of Psychiatry, Pediatrics, and the Morningside Graduate School of Biomedical Sciences at UMass Chan Medical School. She also served as a Vice Chair of the Department of Psychiatry and as the Director of the Child and Adolescent Psychiatry Division from 2008-2018. Dr. Frazier directs a broad research program that addresses a variety of scientific problems relevant to advancing the understanding, diagnosis, and treatment of individuals with neurodevelopmental disorders such as autism and Fragile X Syndrome.

<https://shriver.umassmed.edu/>



**Dr. Jean King** is the WPI Peterson family Dean in the School of Arts and Sciences. She also serves as a Professor of Biology and Biotechnology, affiliate Professor in Biomedical Engineering Department, Professor in the Neuroscience Program and Director, NeuroTech Suite at WPI. Prior to joining WPI, she was vice provost for biomedical research at the University of Massachusetts Medical School; a tenured professor of psychiatry, radiology, and neurology; and director of the university's Center for Comparative Neuroimaging. She retains a lab and Adjunct Professorship at UMass Medical School, Worcester MA. Dr. King was an original founder of the UMass Psychiatry Women's Faculty Committee.

<https://www.wpi.edu/people/faculty/jaking>



**Phoebe Moore, PhD** is a licensed clinical psychologist and an Associate Professor of Psychiatry and Pediatrics at UMASS Chan Medical School. She has been a member of the UMASS Psychiatry faculty since 2011 and has served as the Associate Director for UMASS Student Counseling Services (SCS) from 2012 to 2021. In November of 2021, she was promoted to director of the SCS.

She is also the new Co-Director of Psychiatry's Career Development and Research Office.

Dr. Moore has specialized clinically in cognitive-behavioral treatment models for obsessive-compulsive disorder and anxiety disorders since 1998. Her research focuses on familial processes in the development and treatment of these disorders. Dr. Moore uses a therapeutic approach informed by Acceptance and Commitment Therapy, or ACT, to help clients to identify meaning and develop psychology flexibility to access and build richer and fuller lives.

As the incoming co-Director of the CDRO, Dr. Moore has a goal to support both intrapersonal growth and interpersonal connections in the Psychiatry Faculty. She is trained as a Healthcare Peer Coaching Practitioner through the Physician Coaching Institute. She is available to coach and support faculty around academic promotions and leadership challenges, and around work-life balance concerns and wellness support.

<https://www.umassmed.edu/psychiatry/cdro/>



**Melissa Anderson, PhD** is a psychologist and clinical researcher who partners with the Deaf community to develop innovative addiction and mental health resources that are uniquely and expertly tailored for Deaf signing people. In addition to this community engagement work, Melissa is a lover of yoga and became certified in

Trauma Center Trauma Sensitive Yoga (TC-TSY) in 2018.

After the retreat, please provide your feedback by completing the post-retreat survey at

<https://www.surveymonkey.com/r/7HRLKLB>

or scan the QR code below:



### TOWER HILL BOTANIC GARDEN GARDEN MAP



#### ACCESSIBILITY

Many paths are accessible. Please see the key on the right indicating difficulty levels. Wheelchairs are available at the Visitors Center.

#### TRAIL DIFFICULTY

- Easy
- Medium
- Difficult