

## PHT TESTIMONIALS

Physician Healer Track has helped shaped my professional persona and made me more equipped to handle various hardships that come along with spiritual, academic, and emotional growth. PHT was one of my reasons for selecting UTMB and my relationship with my small group faculty has been invaluable to my success as a learner and as a professional. Haris Vakil, PHT- Class of 2020

Physician Healer Track has given me a set of skills that have shown direct benefits not only in my professional life, but also in my personal relationship with others. I cannot emphasize enough how powerful this program can be for medical students looking to be a healing presence for their patients. Jacob Maher, UTMB Class of 2018, Current Pediatrics Resident at St. Louis Children's Hospital

Working with the students in the Physician Healer Track is one of most rewarding parts of my "job." The students are so eager to learn to help others that my heart warms every time I interact with them. This group of young people gives me much hope for the future of medicine!  
Dr. Julie McKee, Assistant Dean Student Affairs and Assoc. Professor of Family Medicine

Before joining the Physician Healer Track, I struggled to process and express my emotions. My years in the track have given me the tools needed to deal with some of the toughest situations I have experienced, one being my mother's stroke. I am now a more skilled communicator, which has helped me and those around me. Suzy Warden, Class of 2019

PHT is helping me learn how to figure out where the patient is emotionally, and then meet them at that level. I believe that participating in this track will help me become a more empathetic and effective physician. Sam Spears, Class of 2020

PHT has helped me more than a few sentences can describe... My mom told me when I chose to pursue medicine to not become a robot and to remember my patients are people; PHT does just that. I'm more comfortable in difficult situations than I ever thought possible, and my small group/facilitators are the people I go to first most of the time. My perspective, med school experience, and life are changed for the better because of PHT and my experiences thus far. Alyssa Shaffner, Class of 2020

PHT has given me the fundamental skills to become a more compassionate and empathetic healer to my patients and their families. I feel more prepared to guide patients through difficult times and I have the passion to ensure patients feel comfortable and motivated in their care. At the same time, PHT has emphasized the importance of practicing kindness to oneself to continue being able to give back to others. Vivian Chiang, PHT Class of 2019

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Being a faculty in the PHT track has been one of the most rewarding “jobs” that I have had in my career. The changes of the students from 1<sup>st</sup> year medical student to becoming an MD gives me great joy. They become caring, compassionate doctors that will be focused on the patients and open their hearts to be with the patient at all time. I wish that I had had this instruction when I was a medical student 40 years ago!

Dr. Kristene Gugliuzza, Osler Scholar and Professor, Transplant Surgery

PHT has given me skills in empathetic patient interaction that I would not have learned anywhere else in medical school. I have no doubts that it has not only made me a better doctor, but a better person. Duncan Sudarshan, PHT Class of 2020

PHT has given me valuable tools that guide my daily decision making as a student doctor and a person. My experiences with PHT have positively impacted my entire being, made me a sturdier healthcare provider, and enriched the relationships I have with my peers and faculty in and out of the track.

Kyle Hodges, PHT Class of 2020

PHT offers faculty a window to appreciate their calling and profession as healers and to explore pathways for personal development. Lessons shared and learned with students offer an opportunity for tremendous support and connectivity within our institution.

Dr. Gwyn Richardson, Associate Professor, Gyn. Oncology

Because of PHT, I continue to be encouraged daily to practice leaning-in to triumph and hardship, compassion not only for others but also for myself, and truly being present with those around me.  
-Liz May, MD. UTMB Class of 2017, current resident in pediatrics at Baylor College of Medicine

PHT taught me how to stay true to and not compromise my empathy, how to better communicate with and listen to my patients, and to recognize the importance of making mistakes in the learning process while not destroying myself over them. Melanie Levy-Meeks, MD. UTMB Class of 2017  
PGY-2 in Obstetrics and Gynecology at UTMB

PHT taught me how to communicate and make sure my patients feel heard.  
Ashley Halbert, class of 2017, General Medical Officer for Marines Aviation Logistic Squadron-14

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The PHT track helped me realize so much about what was keeping me from being happy. While I think I'm still on that journey, that glimpse into myself is probably one of the most important things I've learned in medical school. Julian Jimenez, Class of 2019

PHT is beyond classes and knowledge but a change in perspective that completely shifts my way of thinking. The difference is noticeable in every aspect of my life from performing daily task to handling major stressors. I can confidently say it has brought contentment to my life. Son Quyen Dinh Class of 2021

PHT has helped me go above and beyond medical diagnoses by listening to and caring for patients in ways that are valuable and meaningful to each individual. In the midst of intense workload in medical school, PHT keeps me on track and encourages me to apply this principle to my future career. Nga Nguyen, PHT Class of 2021

PHT has changed my perspective on life. Prior to this class, I had no self-compassion and was afraid to take an introspective approach to I. Through this class, I've learned how to live with the uncomfortable, I've become more self-compassionate, and I've learned how to be more empathetic towards my friends and patients. Never in your life will you receive training like this. This is a once in a lifetime opportunity. Zachary Kennedy, PHT Class of 2021

Joining the Physician Healer Track has been one of the most impactful aspects of my life. I have had countless extraordinary experiences with patients, students, colleagues, my family and within myself. I came into the track with some knowledge and skills and great interest and enthusiasm for seeking more. I have gained new tools that have meaningfully deepened relationships in my life both personally and professionally. I have gained a great deal more sense of meaning and fulfillment in my work. I have learned that this new knowledge and these new skills, and especially, these new connections with other physician healers have helped me tremendously through my own journey of illness and healing. Dr. Susie Gerik Professor of Pediatrics and Family Medicine

PHT gave me a way to step back and take in the moment for what it is. During medical school, it can be hard to stay enthusiastic because of the seemingly endless assignments and clinical responsibilities. However, PHT provided me the tools to enjoy the moment and remember what attracted me to medicine in the first place. Sagar Joshi, Class of 2019