

## Mary Moffit, PhD

For over 20 years, Mary has provided coaching and counseling services to health care professionals. She has specialized in supporting and treating physicians, and improving access to preventive health care in a private and confidential setting. Her efforts are focused on increasing wellness, preventing burnout and treating depression, anxiety and other concerns associated with personal or occupational stressors.

She has been actively involved in developing innovative and effective interventions focused on physician health, has developed and is the director of the OHSU Resident and Faculty Wellness and the Peer Support Programs, and has a private practice treating health professionals. She has consulted with multiple regional medical societies and has presented on physician wellness in OMA and TFME conferences. In addition, she has served on the Executive Committee for the Oregon Wellness Program, with the goal of developing a state-wide program that will provide psychological and psychiatric care to all physicians in Oregon.

Mary Moffit, PhD, Associate Professor, Department of Psychiatry, OHSU, is a clinical psychologist who received her PhD from the Wright Institute and completed a post-doctoral fellowship in Medical Psychology at Oregon Health Sciences University. After nine years as a staff psychologist in the OHSU Department of Internal Medicine, in 2004 she joined the office of Graduate Medical Education and developed the Resident and Faculty Wellness Program (RFPW), which has become a national model for physician wellness.

Dr. Moffit is currently the director of both the RFPW and the Peer Support Program, serving School of Medicine residents, fellows and faculty. Providing individual coaching and counseling, integrating mindfulness-based cognitive, interpersonal, and attachment-based treatment, Dr. Moffit also develops educational workshops directed at building a sustainable medical practice, preventing burnout, and early interventions to prevent impairment. In addition, she leads the RFPW team in program evaluation and research tracking clinical outcomes and the efficacy of interventions directed at decreasing burnout in physicians.

Recent publications include:

- **STAT News:** Protecting Interns and Other Physicians from Depression and Suicide
- **Journal of Graduate Medical Education:** Feasibility of a Comprehensive Wellness and Suicide Prevention Program: A Decade of Caring for Physicians in Training and Practice (December 2016)
- **Journal of Graduate Medical Education:** “If You Build it, They Will Come”: Attitudes of Medical Residents and Fellows About Seeking Services in a Resident Wellness Program (September 2013)

Contact Mary directly for an appointment at (503) 330-7880.