

Mid-Career Psychiatry

The Sandwich Generation

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Disclosures

- “I’m still writing and reading the map”
- We are not representing any major systems, universities, or employers
- Within the past 12 months, Dr. Dennis has had consulting relationships with Amae Health, Lifespeak, Somethings, and Spring Health, she was Clinical advisor for Big Health, and was employed by Blue Cross and Blue Shield of North Carolina.

Discussion Topics

- INTRODUCTION:
 - What is this mid-life thing?
- OUR STORIES
- YOUR STORY
- VALUES
- PUTTING IT TOGETHER

Biopsychosocial Aspects of Mid-life

Biological

- Creation of families in a variety of ways
- Reproduction and reproductive senescence
- Mid-life ailments, morbidity and mortality
- Aging parents/loved ones

Psychological

- Identity
- Wisdom
- Managing stress, roles, responsibilities: Work/Life Balance

Social

- Community
- Finances
- Safety

Erikson's Psychosocial Stages

Stage	Basic Conflict	Virtue	Description
Infancy 0-1 year	Trust vs. mistrust	Hope	Trust (or mistrust) that basic needs, such as nourishment and affection, will be met
Early childhood 1-3 years	Autonomy vs. shame/doubt	Will	Develop a sense of independence in many tasks
Play age 3-6 years	Initiative vs. guilt	Purpose	Take initiative on some activities—may develop guilt when unsuccessful or boundaries overstepped
School age 7-11 years	Industry vs. inferiority	Competence	Develop self-confidence in abilities when competent or sense of inferiority when not
Adolescence 12-18 years	Identity vs. confusion	Fidelity	Experiment with and develop identity and roles
Early adulthood 19-29 years	Intimacy vs. isolation	Love	Establish intimacy and relationships with others
Middle age 30-64 years	Generativity vs. stagnation	Care	Contribute to society and be part of a family
Old age 65 onward	Integrity vs. despair	Wisdom	Assess and make sense of life and meaning of contributions

Medical Education may delay the stages

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OUR STORIES

- IDENTITY:
 - Who am I?
 - No longer in training → the trainer
- VOCATION:
 - Stability vs. Risk
 - What am I doing?
 - Is this how I want to spend my life?
- MEANING
- CONNECTION
 - Starting/Maintaining personal relationships
 - Dependents
 - Parents

YOUR STORIES

- In your group:
 - Introduce yourself
 - How do you practice psychiatry?
 - What is in your sandwich?

What do you value?

- Helping others
- Work-life balance
- Connection to others
- Financial security
- Variety
- Comfort
- Travel
- Equity/equality/justice/access
- Intellectual stimulation
- Consistency
- Spontaneity
- Fitting in
- Standing out
- Physical Health
- Emotional Health
- Authenticity
- Safety
- Simplicity

Living with intention and examination

JOURNAL 20 MIN

- What is really important about your career in terms of qualities of action involved in learning?
- Why are they important?
- What happens when your actions manifest those qualities?
- What would life be like if your career were a values-based journey, up to you?
- What would it feel like?

Go round in group

- Share what you are comfortable from what you journaled (4 min per person)

Post-Process

- Ask yourself: did you notice any themes?
- Ask yourself: Any surprises?
- Set an intention
 - Write down an intention you can honor when leaving