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AcumenInstitute.org

The treatment processes at Acumen Institute focus on helping healthcare providers to transform their lives. Physicians/healthcare professionals represent a unique population. With this in mind, we have spent decades honing our craft to assist doctors in rehabilitating their personal and professional lives.

Our treatment groups are intentionally small (6-9 physicians) and intimate. Even when our treatment group is filled to capacity, there are seven highly trained licensed professionals providing care to those 9 doctors. This ratio of doctor-to-doctor care and level of attention is unmatched in the physician health community and allows for individually tailored treatment and follow-up.

Our longitudinal treatment program is designed around the following basic principles: people get better with practice, ongoing reinforcement of new skills, alignment with ethical perspective, and accountability.

This program meets most regulatory agencies' and physician health programs' requirements for professional rehabilitation, specialty treatment, skills development, and appropriate action plans for clients in safety-sensitive and fiduciary professions.

Acumen Institute, LLC provides three levels of interventions geared towards healthcare professionals. The following programs and a description of their scope of service is offered for your consideration:

The Acumen Institute Longitudinal Day Treatment Program

The Longitudinal Day Treatment Program is our most intensive treatment intervention. This program is a Monday through Friday, intensive outpatient program that serves four different groups of clients: a) sexual boundary transgressions, b) the recalcitrant disruptive physician, c) psychiatric illness, and d) the substance-relapsing healthcare worker who is non-compliant with their professional health program monitoring. This program is a mentalization-based treatment approach geared to help the clinician become aware of vulnerabilities for self-defeating behavior and engage in a medical-executive mindset that is oriented to regulatory accountability.

Phase I is a three week immersion experience that includes daily group and individual psychotherapies. Each client works with a primary doctoral-level professional in 3 weekly individual case management and psychotherapy meetings, as well as 2 weekly hours of individualized psychotherapy with a senior consultant and individual self-regulation skills training. Group therapies occur Monday through Friday from 9:00 a.m.—4:30 p.m. These groups include treatment assignments, process group dynamics, and didactics to discuss issues that sabotage professional and adult development. Individual therapy utilizes psychodynamic, sensory psychomotor, CBT, Skills-Building, and Executive coaching techniques to address the clinician's particular problems. Psychiatric care is available with our Board-certified psychiatrist and Medical Director: John R. Whipple, MD. Family and couples consultation is also available as needed to coordinate care and to assess primary relationship dynamics relevant to the clinicians' presentation.

Phase II occurs in two, one-week sessions. The first session (Phase IIa) occurs at three months while the second session (Phase IIb) happens at six months. These follow-up sessions include group and individual treatments to further assess change and accountability, address any new complications, and longitudinally determine fitness to practice. Through the follow up sessions, the clinician's ability to comprehend and integrate new insights and to implement behavioral change into their life is the primary focus.

Phase III is the wrap up or termination session, and occurs over three days of group and individual meetings. It allows for a final review of the client's progress and intentional plans for the future.

Individualized follow up and treatment services are available on as needed basis.

Disruptive Conduct in the Distressed Physician and Professional Boundary Training Workshops

These workshops are interactive, two-day didactic programs for healthcare providers who have demonstrated disruptive conduct, boundary problems, and other professionalism problems in the workplace. These disruptions include problems with either aggressive or sexualized interactions that do not rise to the level of a serious ethical incident. Typically, a hospital or clinic will send a clinician to one of our workshops as a second line, peer performance action plan. The workshop utilizes information from a neurocognitive and neuroscience orientation, discusses self-regulation as a core competency, and focuses on conflict awareness to prevent harm. Professional boundaries, Role definition, and Role-relationship dynamics are addressed as an intentional stance that promotes a sexual harassment- and disruption-free work environment. Finally, group/team and

organizational dynamics within the current health care system are also discussed as an expectable vulnerability in post-modern organizations that deal with high complexity. A syllabus and objectives in learning are available upon request.

Fee arrangements, payment, and policy

Treatment clients can pay incrementally as the treatment progresses, generally at the start of each week or each follow up visit, so that payment is made before the episode or week of treatment commences. Coaching and workshop clients pay prior to services rendered. All major credit cards and certified checks are accepted.

Acumen Institute Clinical Staff

Scott Stacy, PsyD, Managing Partner, Acumen Institute

Dr. Stacy has 25 years of experience completely dedicated to working with medical and other licensed professionals. He has 29 years of experience evaluating and treating comorbid psychiatric and substance use disorders within inpatient, residential, day treatment, and outpatient levels of care.

John Whipple, MD, Medical Director, Partner, Acumen Institute, Board Certified Psychiatrist

Dr. Whipple has 30 years of experience working with medical and other licensed professionals. Dr. Whipple has been involved in the evaluation and treatment of psychiatric, personality, and substance use disorders at inpatient, residential, and day treatment levels of care for 34 years. He is also certified by the FAA to provide substance use evaluations for pilots in the HIMS program.

Peter Graham, PhD, Clinical Director, Partner, Acumen Institute

Dr. Graham has 30 years of experience working with medical and other licensed professionals. He has been evaluating and treating addiction, mental illness, and personality disorders for 33 years; 10 at the inpatient level, and 2 as program director at the inpatient and partial hospital level prior to turning to full-time intensive outpatient work with professionals 20 years ago.

Monica Soderberg, LCSW, DSW, LCMFT, Partner, Director of Education, Acumen Institute

Ms. Soderberg has been working with medical professionals for 14 years and has 40 years working with professionals from all walks of life. Ms. Soderberg has 39 years of experience in working with comorbid substance use and psychiatric disorders on an outpatient basis and is an expert on trauma.

Michael Seely, PsyD, Clinical Consultant, Acumen Institute

Dr. Seely has been working exclusively with medical and other licensed professionals for 7 years. He has over 6 additional years of experience evaluating and treating substance use disorders as well as comorbid mental health issues in outpatient settings. He is certified by the FAA to provide substance use evaluations for pilots in the HIMS program.

Josh Hypse, PsyD, Clinical Consultant, Acumen Institute

Dr. Hypse is a staff psychologist and primary evaluator with over 3 years of experience working full time with the professional population. He also has nine years of experience evaluating and treating psychiatric conditions and conducting substance use evaluations and treatment in community health and professional settings.

Alex Latham, PsyD, Clinical Consultant, Acumen Institute

Dr. Latham is the newest addition to our Acumen Institute professional staff with experience working in the VA setting and professionals' evaluation and treatment settings. He also has over 5 years of experience providing neuropsychological and psychodiagnostic assessments in clinical and forensic settings.