TAIT SHANAFELT, MD  
Center Director

Tait Shanafelt, MD, an international expert on the topic of physician well-being, became the Chief Wellness Officer of Stanford Medicine, Associate Dean of Stanford University School of Medicine, and the WellMD Center Director on September 1, 2017.

Tait has helped lead the way in the field of physician well-being since 2001. He has been the principle investigator of multiple pioneering studies demonstrating the link between physician well-being and quality of care as well as longitudinal studies evaluating changes in physician distress over time. For more than a decade, he has been a leading voice arguing that physician burnout and well-being are system issues influenced by organizational culture and the practice environment. Tait’s research has involved physicians at all stages of their career, and has included numerous multi-center and national studies. He has published over 300 peer-reviewed manuscripts including >100 on physician well-being. Tait has held a number of related national and international leadership positions on this topic and is a widely sought after expert, consultant, and speaker.

Clinically, he is a hematologist/oncologist who is a R01 funded investigator and international expert in the care of chronic lymphocytic leukemia (CLL).

Tait ensures his own wellness through regular exercise, reading, and spending time with his wife and 4 young children.

MARY LOU MURPHY, MS  
Center Administrative Director

Mary Lou Murphy, M.S., a former nurse clinician, educator, and administrator is the Administrative Director for the WellMD Center. She became interested in provider wellness while she was a leadership coach for physicians, and witnessed the multiple demands placed on physicians and the resulting stress and burnout. So ten years ago, Mary Lou began working in the field of physician wellness. Under the direction of Bryan Bohman, MD, five an half years ago, she spearheaded the development of a Stanford Medical Staff committee devoted to improving physician wellness.

Since then Mary Lou has coordinated all physician wellness activities including the Taskforce chartered by Dean Lloyd Minor to examine the current and future state of Stanford physician wellness. She has been an integral player in advancing Stanford’s mission and vision for wellness and professional fulfillment and plays a significant leadership role in the implementation of our new WellMD Center.

Mary Lou enjoys gardening, hiking, reading and time with friends and family. She and her husband retreat annually to Maui so they can absorb the Aloha spirit and renew.

MICKEY TROCKEL, MD PHD  
Center Director of Scholarship and Health Promotion

Mickey Trockel, MD, PhD is the Director of Scholarship and Health Promotion. He noticed early in his training how physicians’ propensity to defer their own wellness to serve others interacts with a culture of medical practice that can impede self-care. Observing this, he wants to equip health care providers with evidence-based individually-tailored strategies to optimize their own wellness and associated professional performance.

Mickey applies his training and experience as a clinician scholar to conduct the periodic Stanford Physician Wellness Survey and to evaluate the efficacy of WellMD Center directed and affiliated efforts. He directs the WellMD Center affiliated “Health for Healers” research group and provides consultation to help other scholars with their research on physician wellness. He is particularly interested in supporting research on the relationship between physician wellness and patient care outcomes.

Mickey also finds that his work as a psychotherapist helps him learn more about promoting his own wellness. Away from work Mickey’s favorite things to do with family and friends include riding his bicycle in the Santa Cruz mountains near Stanford and playing ultimate Frisbee.
MARYAM HAMIDI, PHD

Center Associate Director of Scholarship and Health Promotion

Maryam Hamidi, PhD, serves as the Associate Director of Scholarship and Health Promotion at the Center. In this role, Maryam is engaged in conducting innovative research projects including development, implementation and evaluation of interventions to improve physicians’ wellness.

As a nutrition scientist with over 15 years of experience in nutrition research, counseling and education, she is the author and co-author of many highly cited scientific papers on nutrition and well-being. She maintains membership in both the Canadian Nutrition Society and the American Society for Nutrition.

Maryam has particular expertise in enhancing the cognitive performance and alertness of professionals with high cognitive demands. Prior to coming to Stanford she served as a scientific associate at the University Health Network of Toronto, and as an advisor to Air Canada pilots and cabin crew on optimal nutrition. She is excited to be developing individual lifestyle strategies to promote physician well-being here at Stanford.

Maryam enjoys spending time with family and friends, going to local farmers markets, hiking, photography, dance and music.

PATTY DE VRIES, MS

Center Director of Strategic Projects

Patty de Vries, M.S., is the Director of Strategic Projects for the Center. She is presently building working relationships with hospital and university programs, and generating networking support for current and upcoming projects.

Patty’s background at Stanford is as prior manager of HealthySteps, the employee wellness program for the 10,000+ employees of Stanford Health Care and Stanford Children’s Health. In addition, she has a continuing role as Director of the Stanford Health Promotion Network, a 65 member organization including companies such as Cisco and Apple, which share best practices and resources on worksite wellness.

As a former national class athlete, (a 9-time Stanford NCAA All-American in track and field, national collegiate Olympic weightlifting champion and participant in the 1988 Olympic Trials), as well as health entrepreneur (owner of a 100+ employee company), she looks forward to using her fitness, business, and organizational skills to improve physician health at Stanford.

Patty and her husband have four grown children ranging in age from 19-26. She enjoys hiking, gardening and spending time with her family in the Santa Cruz Mountains.

BRYAN BOHMAN, MD

Center Senior Advisor and Past Interim Director

Bryan Bohman, MD, was the interim Director of Stanford’s new WellMD Center. Dr. Bohman is also chief Medical Officer at University Healthcare Alliance, Associate Chief Medical Officer at Stanford Health Care and Clinical Associate Professor of Anesthesia and Critical Care at the Stanford School of Medicine.

One of Bryan’s primary areas of interest is the relationship between physician wellness and healthcare system performance. While in his former Chief of Staff role, Bryan originated a medical staff wellness committee to advocate for appropriate attention to physician wellness across Stanford Medicine. As chair of this committee for its first four years, he led the charge to measure and address Stanford physicians’ burnout levels as well as their professional fulfillment.

Bryan played a central role on the Dean’s Taskforce on Physician Wellness and in the establishment of the WellMD Center. As Senior Advisor he aims to establish the Center as a key contributor to physician and staff professional fulfillment across Stanford Medicine as well as an international center of scholarship in a field that is increasingly vital to the future of medicine.

Bryan makes time to play tennis, ski, and visit his family’s ranch in Utah.