

SOCIETY *of* BEHAVIORAL MEDICINE

Better Health Through Behavior Change

ETCD Council Conference Call MINUTES

Tuesday, February 13, 2018

11 a.m. PT/12 p.m. MT/1 p.m. CT/2 p.m. ET

Call in number: 1-800-377-8846 Access Code: 38206000#

In Attendance

Amy Huebschmann, MD (chair)
Lori Pbert, PhD
Valerie Myers, PhD
Barbara Stetson, PhD
Anne Hahn (staff)

Regrets

Nicole Zarrett, PhD
Georita Frierson, PhD
Jamie Bodenlos, PhD
Andrea Kozak, PhD
Vicki DiLillo, PhD
Karen Oliver, PhD
Mary Dean (staff)

Welcome

Dr. Huebschmann welcomed the council members to the call.

Annual Meeting Updates

Jamie sent along a submission that she and colleagues made to ICBM on teaching inspirational behavioral medicine.

Meet the Consultants- Consultants have been invited for this session and there are currently 7 who have RSVPed yes. Ideally there would be 16 consultants in attendance. We will poll attendees who sign up to determine what types of career development topics they would like to discuss to help put them in appropriate groups. A cash bar, free drink tickets for consultants and a raffle of 20 drink tickets for attendees have been approved. This will help to create a festive, networking feel to the event.

Graduate Student Panel- Val and Barbara have a conference call set up with Student SIG to finalize details.

Elevator Pitch Session- This is moving ahead nicely.

Science Advocacy Breakfast- This session is pretty much set.

Outlook Q & A

The question posed to the council and an article for background are below:

<https://www.chronicle.com/article/How-to-Talk-to-Famous/240518>

- How do you talk to famous faculty? (What approaches should a student use? What do famous faculty ***not*** want someone to do?)”
- What is the best way to network at a conference with senior faculty as a student?

Some ideas and thoughts that the council had are as follows:

- Come to “Meet the Consultants” to network!
- What **not** to do:
 - Do not ask to take a selfie
 - This is overwhelming and off putting to some
- What to do:
 - Ask for nothing!
 - Frame encounters appropriately to make a human connection as opposed to trying to get something out of the person
 - Have a mentor or someone you know who already knows the person introduce you
- Some of the suggestions in the article applied more to behavioral medicine than others, so make sure to think of what makes most sense with regard to behavioral medicine
- “Geek out together”- this suggestion from the article felt a little awkward

Next Steps: Anne Hahn will reach out to Bill Sieber to ask that he ask Wisdom Council members to share one of their best “fan” interactions and maybe one that did not go so well. Amy will write up her notes and send to the council before submitting to Bill.

ETCD Corner

Amy has collected pearls of wisdom from ETCD consultants. She has drafted the beginnings of an article that she distributed to the council prior to the call.

Amy solicited additional input from those on the call. Lori indicated that finding a good mentor and nurturing that relationship is very important. She expanded on this by saying that choosing a mentor who is able to look at your career advancement as well as someone who has the same or similar research are keys to finding a good mentor.

Next Steps: Amy will draft article and submit.

Other Updates

Amy and Anne are working to contact five past submitters to SBM’s syllabus site per week and encourage them to submit to Project Syllabus.

Andrea piloted the collaboration “hub” with the Student SIG and the feedback was great. The next step will be to try it with additional SIGs.

Next Meeting

March 13 3-4:00 p.m. ET.