

Your organization will never be the same.

ALEX LICKERMAN, M.D.



Physician. Writer. Buddhist.

KEYNOTE SPEAKER

Alex is available to speak on a wide range of topics relating to health, happiness, and personal and corporate development. Contact him at alickerman@gmail.com today to begin your organization's transformation.

BIOGRAPHY

Alex Lickerman is a physician, former Assistant Professor of Medicine and Director of Primary Care, and current Assistant Vice President of Student Health and Counseling at the University of Chicago. He's also been a practicing Buddhist since 1989.

Eastern philosophy has met Western science in a uniquely harmonious blend within Alex's mind and heart, in which an expert knowledge of the most up-to-date scientific studies resides peacefully (for the most part) next to the accumulated wisdom of 2500 years of Buddhist thinking.

Alex has had extensive experience treating the sickest of the sick in the most compassionate manner possible as well as teaching medical trainees to do the same at an internationally renowned academic medical center located in the heart of one of the poorest neighborhoods in Chicago. His goals as a physician are to be scientifically rigorous, avoid the pitfalls of common thought errors, and treat patients as human beings rather than as diseases. Further, as a former leader of a 40 physician group of general internists, Alex has learned how to deliver not only unparalleled medical care but unparalleled customer service.

In addition to his work with patients, he's also served as the physician champion for the University of Chicago's installation of Epic, a twenty-first century computerized medical information system, serving as a subject matter expert, thought leader, cheerleader, and decision-maker on a project whose budget totaled nearly one hundred million dollars.

Alex has extensive speaking experience, having given lectures at medical conferences throughout his career including a talk to an audience of over 3,000 at a Pri-Med Conference put on jointly by the University of Chicago and Northwestern University. He's appeared on the television program *On Call With Dr. Michael Breen* and on Milt Rosenberg's nationally syndicated radio show, *Extension 720*.

Alex has been quoted in *Crain's Chicago Business*, *Playboy*, *The Chicago Tribune*, and *TIME*, and has had articles appear in *Psychology Today* and *Medicine on the Midway*. He's also written a television pilot called *Sessions* that was optioned by DreamWorks Television, as well as several movie screenplays, including an adaptation of Milton's *Paradise Lost*.

Alex's overarching goal is to encourage people to explore happiness from a scientific point of view and help them think about life and themselves in ways they never have before. In doing so, he hopes to help people from all walks of life overcome their own weaknesses and become happier.

KEYNOTES

“Implementing a 21st Century Electronic Medical Record”

From the talk: “Leadership involvement is crucial. Gaining consensus about what items go into a drop down list and what functionality to provide on which screens is difficult enough. But getting providers to adopt new workflows around new computer functionality—that is, getting them to change how they care for patients—presents a challenge of an entirely different magnitude.”

Key concepts:

- Preparing medical personnel for change
- Redesigning workflows that work
- The critical importance of leadership engagement

“Belief”

From the talk: “The key ingredient to achieving happiness is wisdom. And wisdom, rather than knowledge, is what my patient, Mr. Rodriguez, seemed so desperately lacking. He knew intellectually he shouldn’t smoke, but that knowledge hadn’t yet penetrated to become wisdom—to become, in essence, action. Despite his embarrassment, Mr. Rodriguez presented no contradiction because action never arises from knowledge alone. It arises from knowledge that is believed. How often do we understand with our intellects how we *ought* to behave but find ourselves unable to do so? Why, for example, do some people know how to set appropriate boundaries with others, but other people can’t bring themselves to say no to anyone?”

Key concepts:

- Why belief is the key to behavioral change
- The definition of wisdom and its relationship to belief
- Manifesting wisdom to manifest change

KEYNOTES

“Five Steps To Permanent Change”

From the talk: “From quitting smoking to eating healthier to exercising regularly to getting more organized, most of us have a list of behaviors we’d like to begin (or end) that resist our attempts to do so. As a physician, I find myself giving advice about changing habits on a daily basis. Even though many of my patients are able to succeed in making desired changes in the *short term*, most of them revert to their original behaviors in the *long term*. What, then, are effective ways to alter behavior on a permanent basis?”

Key concepts:

- Precontemplation
- Contemplation
- Determination
- Action
- Maintenance
- Relapse

“How To Be A Leader”

From the talk: “In 2001, just as I was about to take over as Medical Director of Primary Care at the University of Chicago, I expressed reservations to a previous Director about my ability to run a clinic that included several clinicians who were not only older than I but who had actually been my teachers ten years earlier. What she said in response did more to shape my tenure as Director over the next seven years than any other advice I ever received: ‘What people really want,’ she told me, ‘is leadership.’”

Key concepts:

- The definition of leadership
- Ten keys to excellence in leadership

KEYNOTES, cont.

“How To Manage Conflict”

From the talk: “Though anger is often considered a negative emotion that we should do our best to eliminate, the validity of this has always seemed to me to depend on why the anger arises in the first place and what’s done with it. For example, anger has always seemed to me an appropriate response to injustice, one that does little harm to oneself psychologically and very well may even be beneficial in that it motivates action to rights wrongs. The goal, it seems to me, isn’t to eliminate anger but to control it; not to suppress it but to create value with it. How, then, can anger be properly managed?”

Key concepts:

- The four reasons people get angry
- Managing your own anger
- Diffusing anger in others

“When Doctors Don’t Know What’s Wrong”

From the talk: “The first patient I ever saw as a first year resident came in with a litany of complaints, not one of which I remember today except for one—he had headaches. The reason I remember he had headaches isn’t because I spent so much time discussing them but rather the opposite: at the time I knew next to nothing about headaches and somehow managed to end the visit without ever addressing his at all, even though they were the primary reason he’d come to see me. Then I rotated on a neurology service and actually learned quite a lot about headaches. Then when my patient came back to see me a few months later, I distinctly remember at that point not only being interested in his headaches but actually being *excited* to discuss them.”

Key concepts:

- Novice vs. expert thinking
- Negative influences on a doctor’s thinking
- Life-condition
- Unconscious biases
- Getting doctors on your side

FEE SCHEDULE

- \$10,000 USD plus travel and accommodation expenses (outside Chicago)
- \$7,500 USD (in the Chicago area)
- All fees are *per diem* (meaning Alex will conduct additional sessions at no extra cost)

Contact Alex at alickerman@gmail.com to discuss these or other keynote talks today.