



Tulsa County Medical Society Physician Wellness Program

Confidential Counseling for Physicians

BEING A PHYSICIAN ISN'T EASY - NEITHER IS ASKING FOR HELP

Most physicians struggle to find a balance between the intense demands of practicing medicine and their personal lives.

A professional counselor can help you cope and regain your natural resilience. The important thing to remember is that there is always a solution.

The Physician Wellness Program (PWP) can help you address any problems or concerns you may be experiencing. You do not need to be in crisis, but the access to program psychologists are here if you need them.

Take the first step...

To learn more or schedule an appointment, contact the therapist of your choice below. Please reference "Tulsa County Medical Society Physician Wellness Program" when you speak with the counselor.

Some of the concerns counseling can help address:

- **Stress and work difficulties**
- **Relationships and family issues**
- **Depression and anxiety**
- **Adverse patient outcome**

Program Features:

- **Confidential counseling by psychologists, therapists, counselors experienced in counseling physicians.**
- **FREE: Up to 8 1-hour sessions for physician members.**
- **No diagnosis is made; No insurance is billed;**
- **No reporting to Oklahoma medical boards or credentialing entities.**
- **Telemedicine sessions available.**
- **Appointment hours are flexible with physician's schedule in mind.**
- **Urgent appointments may be available.**

Cheryl A. Kilpatrick, PhD

Licensed Clinical
Psychologist, Certified
Health Services Provider

Specialties:

- Anxiety
- Depression
- PTSD
- Relationships
- Work Adjustment Problems
- Grief
- Life Transitions

918.749.7605

Mary Anne Lewis, EdD

Licensed Psychologist

Specialties:

- Depression
- Life after Retirement
- Stress Management:
- Traumatic Stress
- Anxiety Disorders
- Adjustment Disorders
- Sexual Identity/
Orientation
- Sexual Abuse

918.747.1600
ext. 209

Kevin Bonifield, LPC, NCC

Licensed Professional
Counselor

Specialties:

- Anger Management
- Anxiety
- Depression
- Grief
- Men's Issues
- Relationship Issues
- Role Transitions
- Suicidal Ideation

918.982.6411

Racquel Colbert- Dawson, LPC-S

Licensed Professional
Counselor

Specialties:

- African-American and
Other Racial or Ethnic
Background
- Anxiety
- Depression
- Female
Entrepreneurs/Work
Life Harmony
- Life Coaching
- Stress

918.396.8261

For More Information

Contact:

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