



**MICKEY TROCKEL, MD, PHD**

Director of Scholarship & Health Promotion, Stanford WellMD Center

Mickey Trockel is the Director of Scholarship and Health Promotion for the Stanford University School of Medicine WellMD Center. The professional role Dr. Trockel enjoys most is serving as a psychotherapist. Most of his current patients are physicians. Dr. Trockel also has particular expertise in developing and evaluating strategies to improve physician well-being. His development of novel measurement tools has led to growing focus on professional fulfillment as a foundational aim of national efforts to promote physician well-being. His scholarship also identifies relationships at work as the core determinate of an organizational culture that cultivates wellness. His current research is demonstrating that compassion based motivators such as gratitude and support are strong drivers of professional fulfillment and therefore offer effective compassion based alternatives to fear based motivators at work.

Dr. Trockel serves as the chair of the Physician Wellness Academic Consortium Scientific Board, which is a group of academic medical centers working together to improve physician wellbeing. The consortium sites have adopted the physician wellness assessment Dr. Trockel and his colleagues have developed, which offers longitudinal data for benchmarking and natural experiment based program evaluation. He is particularly interested in research endeavors to demonstrate the relationship between physician wellness and patient care outcomes.