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Peggy A Rothbaum

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I HAVE BEEN TALKING WITH YOUR DOCTOR:

**FIFTY DOCTORS TALK ABOUT THE HEALTHCARE CRISIS
AND THE DOCTOR-PATIENT RELATIONSHIP**



PEGGY A. ROTHBAUM, PH.D.

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I interviewed 50 doctors using about four pages of questions developed based on the professional research literature on doctoring and my personal professional experience working with doctors. The interviews lasted between 30 minutes and two hours. I sat down with the doctor interviewees, one by one. They talked, I typed. They met with me in between patients, taking breaks to answer emails, texts, phone calls, or deal with emergencies, or after hours, on time off, during paperwork time, or while eating a rushed meal. It is also worth mentioning that some of the doctor interviewees experienced their own traumas close to the time of our interview, such as their own illness or that of someone close to them, or the death of a family member or close friend. Several of them experienced the death of their own child. Remarkably, they all kept working, each one saying that helping others helped them to cope with their own pain. After completing the interviews, I am left with an even deeper understanding of the health care crisis. It is my hope that these interviews will expose an intimate portrait of the gravity and urgency of our healthcare crisis. It is with the utmost gratitude, admiration, and humility, that I thank my doctor interviewees for their help with this task.

About the AuthorDr. Peggy A. Rothbaum is a psychologist in private practice in Westfield, New Jersey. Before starting her psychotherapy practice, Dr. Rothbaum worked in a variety of research, educational, medical and healthcare settings. She also served on several health and mental health advisory boards. Dr. Rothbaum is a trained and experienced researcher and author of numerous published articles and book chapters for professional and general audiences. She has consulted and conducted workshops on how to use psychological principles to improve coping and avoid burnout in healthcare, psychotherapy, business, and teaching. She has extensive experience with a range of trauma and the emotional and behavioral reactions of traumatized patients, as well as the reactions of their physicians and other professionals. She has authored or co-authored several newspaper Op-Ed pieces on healthcare and coping with trauma. In addition, Dr. Rothbaum has recently become active in community organizations and has written about them in local newspapers.