



*Dr.*  
**LINDSAY BIRA**  
Clinical Health Psychologist



# Confidential Physician Wellness

## WHY

Medicine is a complex field. As the career progresses, humanity can feel distant, identity gets lost in the stress of work and life, and burnout is common. Physicians don't easily reach out for emotional support due to 1) being too busy; 2) fear of admitting issues to others; and 3) not knowing who to contact for sensitive and specific matters. It is telling that the physician suicide rate is more than 2x higher than that of the general population.

## HOW

Telehealth sessions by HIPAA-compliant video make scheduling easy and allow for greater confidentiality. Private pay means no 3rd party has access to records. Targeted, evidence-based approaches make movement quickly with PRN or scheduled sessions.

## WHO

Lindsay Bira, Ph.D. is a clinical health psychologist, adjunct faculty member at UT Health San Antonio School of Medicine, and former Harvard Medical School Fellow. She specializes in physician wellness, offering 1:1 therapy and coaching, as well as educational presentations and keynotes to hospitals and group practices. Dr. Bira has worked extensively on interdisciplinary medical teams across the country, trained medical residents in evidence-based treatment, consults with university and hospital administrators to develop resident wellness initiatives, is published in Nature Biotech and Science for her work in trainee wellness, and has supported physicians and residents in her private practice since 2016.

See more / Request Appointment at:

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