

**ABBREVIATED CURRICULUM VITAE**

**Wayne M. Sotile, Ph.D.**

**CONTACT INFORMATION**

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**EDUCATION**

<b>Louisiana State University</b>	<b>B.S.</b>
<b>University of South Carolina</b>	<b>Ph.D., Clinical Psychology</b>
<b>Duke University Medical Center</b>	<b>Medical Psychology Internship</b>

**AREAS OF EXPERTISE**

**Healthcare Consultation  
Health Psychology  
Cardiac Psychology  
Physician Resilience and Leadership Development  
Stress Management  
Marriage and Family Life**

**CERTIFICATION**

**Licensed Practicing Psychologist, N.C. #776  
Fellow, American Association of Cardiovascular and Pulmonary Rehabilitation**

## PROFESSIONAL AFFILIATIONS

- 2013 – Present:** Founder, Center for Physician Resilience and Sotile Center for Resilience, Davidson, North Carolina
- 1978-Present:** Founder, Sotile Psychological Associates, PLL and Real Talk, Inc.
- 2004-Present:** Special Consultant in Behavioral Health, Carolinas Medical Center, Charlotte, North Carolina
- 2003- Present:** Clinical Assistant Professor, Tulane University School of Medicine, Department of Orthopaedic Surgery
- 1979-2005:** Director of Psychological Services, Wake Forest University Cardiac Rehabilitation Program and Healthy Exercise and Lifestyle Programs, Wake Forest University, Winston-Salem, North Carolina
- 1978-1979:** Assistant Professor, Department of Medical Social Sciences, Wake Forest University School of Medicine, Winston-Salem, North Carolina

## PUBLICATIONS

### BOOKS

- Sotile WM and Sotile MO. *Letting Go of What's Holding You Back! Maximize Your Happiness in Work, Love, and Life*. New York: Stewart, Tabori, and Chang. 2007.
- Sotile WM. (with R. Cantor-Cook). *Thriving With Heart Disease. Revised Edition*. New York: The Free Press, 2004.
- Sotile WM. (with R. Cantor-Cook). *Thriving With Heart Disease: A Unique Program for You and Your Family/ Live Happier, Healthier, Longer*. New York: The Free Press, 2003.
- Sotile WM, Sotile MO. *The Resilient Physician: Effective Emotional Management for Doctors and Medical Organizations*. Chicago, IL: American Medical Association Press, 2002.
- Sotile WM, Sotile MO. *Marriage Skills for Busy Couples*. Winston-Salem, NC: Real Talk, Inc., 2002. Originally published as *Supercouple Syndrome*. N.Y.: John Wiley & Sons, Inc., 1998.
- Sotile WM, Sotile MO. *Supercouple Syndrome: How Overworked Couples Can Beat Stress Together*. New York: John Wiley & Sons, 1998. Released in paperback as *Beat Stress Together: The BEST Way to a Passionate Marriage, A Healthy Family, and a Productive Life*. New York: John Wiley & Sons, 1999.
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- Sotile, W., Julian, A., Henry, S. and Sotile, M. *The Family Apperception Test Manual*. Los Angeles, Calif.: Western Psychological Services, 1990.

### **BOOK CHAPTERS**

- Sotile WM. Helping Heart Patients Thrive. In: R.Allan and J Fisher. *Heart and Mind: The Practice of Cardiac Psychology (2<sup>nd</sup> Edition)*. Washington, D.C.: American Psychological Association, 2012, ppg.417-437.
- Sotile WM. Psychological Interventions With Heart Patients. In: F. Pashold & W. Dafoe. *A Cardiologist's Guide to Cardiac Rehabilitation (2<sup>nd</sup> Edition)*. Baltimore: Williams & Wilkins, 1999, ppg. 255-265.
- Sotile WM. Psychosocial Risk Factors: Overview, Assessment, and Intervention for Anger and Hostility. In: N. Wenger, K. Smith, E. Froelicher, & P. Comoss (Eds.). *Cardiac Rehabilitation: Guide to Procedures for the 21<sup>st</sup> Century*. New York: Marcell Dekker, Inc., 1999, ppg. 257-262.
- Sotile WM. The Psychosocial Benefits of Exercising. In: R. Shephard & H. Miller (Eds.). *Exercise and the Heart in Health and Disease (Second Edition, Revised and Expanded)*. New York: Marcel Dekker, 1999, ppg. 561-572.
- Sotile WM. Stress Management. In: J. Roitman (Ed.). *American College of Sports Medicine Resource Manual for Guidelines for Exercise Testing and Prescription (Third Edition)*. Baltimore, MD: Williams & Wilkins, 1997, p. 562-567.
- Sotile WM. The Feminization of a Medical Marriage: The collaborative opportunities in cardiac rehabilitation. In: S. McDaniel, J. Hepworth, & W. Doherty (Eds.), *The Shared Experience of Illness*. New York: Basic Books, 1997.
- Sotile WM. Psychosocial Interventions. In: American Association of Cardiovascular and Pulmonary Rehabilitation, *Clinical Guidelines For Cardiac Rehabilitation*. Champaign, IL: Human Kinetics, 1994.

### **JOURNAL ARTICLES**

- Dyrbye LN, Sotile W, Boone S, West CP, Tan L, Satele D, Sloan J, Oreskovich M, Shanafelt T. A survey of U.S. physicians and their partners regarding the impact of work-home conflict. *J Gen Intern Med*. 2013 Sep 17. [Epub ahead of print]

- Shanafelt TD, Boone SL, Dyrbye LN, Oreskovich MR, Tan L, West CP, Satele DV, Sloan JA, Sotile WM. The medical marriage: A national survey of the spouses/partners of US physicians. *Mayo Clin Proc.* 2013 Mar;88(3):216-25. doi: 10.1016/j.mayocp.2012.11.021. Epub 2013 Feb 27
- Shanafelt T, Boone S, Tan L, Dyrbye L, Sotile W et al. Burnout and satisfaction with work-life balance among U.S. physicians relative to the general U.S. population *Arch Intern Med.* 2012 Oct 8;172(18):1377-85.
- Sargent MC, Sotile W, Sotile MO, Rubash H, Barrack RL. Quality of life during orthopaedic training and academic practice: part 2: spouses and significant others. *J Bone Joint Surg Am.* 2012 Oct 3;94(19):e145(1-6).
- Sargent MC, Sotile WM, Sotile MO, Rubash H, PS, Vezeridis PS, Harmon L, and Barrack RL. Managing stress in the orthopaedic family: avoiding burnout, achieving resilience. *J Bone and Joint Surg Am.* 2011;93-A, April 20:93:40.
- Sargent MC, Sotile WM, Sotile MO, Rubash H, Barrack RL. Stress and coping among orthopaedic surgery residents and faculty. *Journal of Bone and Joint Surg Am.* 2004;86-A(7):1579-1586.
- Sargent MC, Sotile WM, Sotile MO, Rubash H, Barrack RL. Quality of life during orthopaedic training and academic practice: Part 1. Orthopaedic surgery residents and faculty. *J of Bone and Joint Surg Am.* 2009;91:2395-405.
- Barrack, R.L., Miller, L.S., Sotile, W.M., Sotile, M.O., and Rubach, H.E.. Effect of Duty Hour Standards on Burnout among Orthopaedic Surgery Residents. *Clinical Orthopaedics and Related Research.* March, 2006: 1-4.
- Chopra SS, Sotile WM, Sotile MO. Physician burnout. *JAMA.* 2004;291(5):633.
- Sotile, W.M. Biopsychosocial care of heart patients: Are we practicing what we preach? *Families, Systems, & Health.* 2005. 23(4):400-403.
- Sotile W.M., Sotile M.O. Extraordinary physicians: How they talk with their patients. *Internal Medicine World Report.* February, 2005. p. 45
- Sotile WM, Sotile MO. Physicians' wives evaluate their marriages, their husbands, and life in medicine: Results of the AMA-Alliance Medical marriage Survey. *Bulletin of the Menninger Clinic.* 2004. 68(1):31-51.
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- Sotile WM, Sotile MO. Conflict Management: Part 1. How to shape positive relationships in medical practices and hospitals. *The Physician Executive* 1999;25(4):57-61.
- Sotile WM. Easing HIV provider burnout: An *in vivo* approach. *Focus: A Guide to AIDS Research and Counseling.* 2003 March;18(4):1-5.
- Sotile W, Sotile M. Medical couples: the most stressed (and surprised) segment of married people. *Iowa Med* 2001;91(2):16-9.
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**Kilmann, P.R., Albert, B.M. and Sotile, W.M. The effects of structured and unstructured leader roles on internal and external group participants. Journal of Clinical Psychology, 32: 848-856, 1976.**

**Kilmann, P.R., Albert, B.M. and Sotile, W.M. Locus of control, structure of group therapy, and outcome. Journal of Consulting and Clinical Psychology, 43: 588, 1975.**

## **SPECIAL INVOLVEMENTS & HONORS**

**Invited Keynote Lecturer to More than 6,000 Medical Meeting**

**Consultant to American Medical Association re: Physician Wellness, 2020-2013**

**North Carolina Cardiopulmonary Rehabilitation Society, Lifetime Contribution Award, 2000.**

**American Academy of Medical Administrators, Honorary Fellowship for “Lifetime Contributions to the Field of Health Care,” 1999.**

**Board of Advisory Editors, *Journal of Cardiopulmonary Rehabilitation***

**Board of Advisory Editors, *Families, Systems, & Health: The Journal of Collaborative Family Health Care***

**Editorial Advisory Board, *Cardiovascular Patient Education Resource Manual*. Gaithersburg, MD: Aspen Publishers, Inc., 1993.**

**Advisory Panel Member, *Clinical Guidelines for Cardiac and Pulmonary Rehabilitation*. American Association of Cardiovascular and Pulmonary Rehabilitation. Champaign, IL: Human Kinetics, 1994.**

**Featured in "Coping With Heart Illness" Videoeducational series. Champaign, IL: Human Kinetics, 1995.**

**Featured in *High-Powered Relationships: How To Keep The Flame Alive!* Video presentation. Target Television, Winston-Salem, North Carolina, 1997.**

## **VISITING PROFESSORSHIPS and INVITED LECTURER**

**To numerous major medical training institutions, including:**

**Harvard University School of Medicine**  
**Tulane University School of Medicine**  
**University of Michigan School of Medicine**  
**Indiana University School of Medicine**  
**Wake Forest University School of Medicine**  
**Mayo Clinic, Rochester, Minnesota**  
**Ohio State University Medical Center, Columbus, Ohio**  
**Carilion Clinic, Department of Orthopaedic Surgery, Roanoke, Virginia**  
**Vanderbilt University School of Medicine, Nashville, Tennessee**  
**Washington University School of Medicine, Department of Orthopaedic Surgery,**  
**St. Louis, Missouri**

## **REFERENCES**

**Readily available upon request.**