

Dr. Hilary McClafferty



MISSION STATEMENT

The practice of medicine has changed dramatically, presenting new demands and stressors that have driven physician burnout to epidemic levels. Physicians need new skills to prevent burnout, mitigate its harmful effects, and become effective leaders in changing the medical culture in their professional roles, practices, and organizations.

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Dr. Hilary McClafferty, MD

About Dr. McClafferty

Hilary McClafferty, MD, FAAP is Board certified in pediatrics, pediatric emergency medicine, and integrative medicine. She writes and speaks nationally on physician well-being, resiliency, and whole physician wellness. She is a certified physician coach with deep experience working with physicians at all stages of training, from residency to academic leadership. She works with individuals and groups to address burnout prevention, physician well-being, thriving in practice, and cultivation of effective stress management and coping skills. She is the author of two books: *Mind-Body Medicine in Clinical Practice* and *Integrative Pediatrics: Art, Science, and Clinical Application*, and editor of three published Special Editions on the use of integrative medicine in practice. She is Founding Director of the Pediatric Integrative Medicine in Residency program, University of Arizona, and currently serves as Medical Director, Pediatric Emergency Medicine at Tucson Medical Center, Tucson, Arizona.



National Public Speaker

Over 250 speaking engagements on topics such as physician wellness and resilience, burnout and development of wellness programs. She has spoken at national events hosted by the American Academy of Pediatrics, the Association of Physician Specialists, and others.



Recognized Author

Author of two books: *Mind-Body Medicine in Clinical Practice* and *Integrative Pediatrics*, editor of three special editions. Contributing author in New York Times bestselling author Dr. Andrew Weil's newest book, *Mind Over Meds*.



Physician Wellness Advocate

Pioneering voice in physician wellness, education, and practice. She has been interviewed by and quoted in publications such as New York Times, American Academy of Pediatrics News, Arizona NPR, USA Today, SiriusXM Doctor Radio, and others.

Testimonials

Book

Mind-body medicine has been found to play an instrumental role in both maintaining health and improving chronic conditions such as asthma where stress may play an integral role. Dr. McClafferty has now given us a wonderful resource in approaching such conditions using several mind-body therapy strategies such as imagery and biofeedback.

This text should be a required read for all health care providers who want to take a holistic approach to their patient's care and for patients and families who want non-pharmaceutical approaches to improving their own health.

John D. Mark MD

*Clinical Professor Pediatrics
Stanford University*

Speaking Engagement

Attendees American Association of Physician Specialists National Conference
Nashville, TN 2018 - Topic: "Physician Leadership and Wellbeing: Are You on Track?"

"Outstanding presentation. Exquisite, skillful, thoughtful material."

"We could have a whole conference on this topic. Appreciated this talk."

"Excellent speaker and topic. Lucky to have Dr. McClafferty's knowledge and perspective."

Educational Retreat

We value the health and wellness of our providers at UC Health. As part of our commitment to our providers, we had a day and a half retreat for wellness led by Dr. McClafferty. The event was well attended and has led to the formation of several ongoing provider small groups. Dr. McClafferty had a great mix of information and interactive time. We plan on having her return next year!

Michael T. Randle MD, FACP

*Chief Medical Officer
UCHealth Medical Group*

Professional Services

Maintain Professional Development

Important research advances are providing guideposts to effective strategies to prevent and buffer the wear and tear of burnout in medical practice. Maintaining professional development in this field positions you and your organization ahead of the curve, able to harness and apply evidence-based approaches with confidence.

Personal or Group Coaching

Professional coaching in an individual or group setting can accelerate change and allows tailoring of material to best meet the needs of those involved. Focus areas may include refining individual coping skills, mastering team-based approaches to clinical care, or developing wellness programs.

Speaking Engagements

Dr. McClafferty is a nationally recognized keynote speaker on physician well-being, resilience, and coping skills who is able to update your group with evidence-based research tailored to your organization's immediate needs. She has broad experience with groups of all sizes that include physicians, nurses, and advanced practice professionals. Her approach is fresh, interactive, and designed to ensure delivery of material on the forward edge of research in the field.

Educational Retreats

Educational retreats are a proven way to ensure your team is up-to-date and on the same page, especially when launching a new initiative or reinforcing critical organizational values or goals. They also allow time to build group cohesiveness, and the opportunity to acquire and practice new skills in a supportive setting.

Recent News Coverage

New York Times

Honored to have been quoted in the New York Times [Taking Care of the Physician](#) to speak about physician wellness.

Consumer Affairs

I was featured on Consumer Affairs [Why it's important to tell your child's pediatrician about 'complementary' therapy use](#) because it is important that parents understand the potential risks of complementary and alternative medicine