

## Parker J. Palmer Courage to Teach Award



The Parker J. Palmer Courage to Teach Award honors program directors who find innovative ways to teach residents and to provide quality health care while remaining connected to the initial impulse to care for others in this environment. Parker J. Palmer is the author of the book *The Courage to Teach* and whose promotion of the concept of "living divided no more" has proven relevant to teaching in academic health centers.



### **Cindy Wigg, MD**

Program Director Psychiatry  
University of Texas Medical Branch  
Galveston, Texas

### **Nominators had this to say:**

“Dr. Wigg regularly volunteers her time to provide clinical services to the indigent population at St. Vincent’s clinic. In this clinic, she teaches and supervises residents and medical students. She is an instructor in the Physician Healer Track, which allows medical students the ability to focus on their identity as a physician, focusing on self-awareness, interpersonal skills, and physician wellness. She serves as a faculty mentor for multiple medical students, something which she takes very seriously and finds personally and professionally fulfilling.”

“The art of psychiatric practice comes through in her teaching, always reminding her trainees to keep the experience of the patient at the forefront of decision-making. She looks for ways to improve the experience of residents in her training program by allowing for feedback at any time. Her availability in addressing concerns was cited by several residents as one of the chief reasons they chose to train at UTMB. Her insistence on wellness and self-care for the residents consistently fosters a working environment within her program acknowledging the humanity of the physician and the importance of effectively treating oneself with care in order to improve the care of patients. She liaisons with other members of the department including clinical faculty and the Chair of the Department for ways to improve the learning experiences of the residents ensuring that there are a wide range of options for residents to experience the breadth of psychiatry. She has recently worked to expand the size of the residency program to allow for the education of additional residents.”