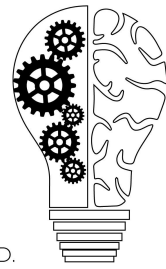


## Episode 007: Physicians Receiving Treatment, with Dr. Trenkle

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There are no conflicts of interest for this episode.

This week I had a discussion with Dr. Darcy Trenkle on the difficulty of providers to get psychiatric treatment, using ourselves as the examples. In a recent article, nearly 40% of physicians surveyed said they would be reluctant to seek formal medical care for treatment of a mental health problem because of concern that this may put their medical license in jeopardy. Physicians have three times the national average for suicide and have unique stressors and often a culture not conducive to seeking help. We discussed difficulties we had in contemplating getting care for different issues we faced. Hopefully, this will open a discussion regarding the conflicts providers have in engaging needed help. Dr. Trenkle is a psychiatrist in Southern California and is affiliated with Loma Linda University Health. She received her Medical Degree from Loma Linda University School of Medicine. She completed her residency training at Loma Linda University in 2015. She is the Medical Director for Electroconvulsive Therapy as well as Program Development for the Behavioral Medical Center at Loma Linda University. If you are a Medical Student, Resident or Attending listening to this and need help, please reach out to a local provider. We are open to receive emails if you are local, our names are searchable in the Loma Linda email system.