

What Does It Take to Become an Expert? Mentoring, Coaching, Giving, and Receiving feedback. Jonathan Sylvain PT, DPT, OCS, FAAOMPT Seth Hagymasi PT, DPT, OCS, FAAOMPT Michael Gans, PT, DPT, FAAOMPT Brian Swanson PT, DSc, OCS, FAAOMPT

In today's society it is deeply ingrained that experts, in any profession, are born when in fact research supports the notion that experts are made and not born. Consideration of variables distinguishing master clinicians from novice clinicians has been investigated in several studies which demonstrate that the amount and quality of practice are key factors in the level of expertise people achieve. Specifically, mentors are a vital necessity to become an expert in any field. This 90-minute educational session is designed to provide participants with an understanding of clinical mentorship and its role in advancing one's clinical reasoning skills. The session will conclude with a panel discussion led by the presenters with three clinicians, one current Resident and two Residency Program graduates.

Upon completion of this course, the participant will be able to:

- Describe the role of a mentor
- Describe the role of a mentee
- Describe the purpose of mentorship
- Describe the qualities of a good mentor
- Describe the stages of effective mentorship
- Describe common barriers to mentorship
- Describe characteristics of highly effective mentors
- Describe effective communication for mentoring
- Connect your learning and teaching style to mentoring"

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Dr. Sylvain graduated from Quinnipiac University in Hamden, CT, with a Bachelors in Health and Science Studies and then with his Masters in Physical Therapy. He received doctorate from Arcadia University. He completed his fellowship training in Orthopedic Manual Physical Therapy in North Carolina at Duke University. Dr. Sylvain has published manuscripts and book chapters specific to Orthopedic Physical Therapy and the implementation of evidenced based practice. Dr. Sylvain is currently the Spine Program Manager at Hartford HealthCare Rehabilitation and the co-director of the HHCRN-University of Hartford Orthopedic Residency program."

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Dr. Hagymasi graduated from Skidmore College with a Bachelors in Exercise Science in 2002, Sacred Heart University in Fairfield, CT in 2006 with his Master's in Physical Therapy, and from Regis University with his Doctorate in Physical therapy in 2012. He completed his fellowship training in Orthopedic Manual Physical Therapy through Regis University in Denver, CO. Dr. Hagymasi has contributed to publications in the field of Orthopedic Physical Therapy and evidence-based practice."

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Michael Gans PT, DPT, Board Certified Orthopedic Physical Therapy Specialist and Fellow of the American Academy of Orthopedic Manual Physical Therapists.

Dr. Gans graduated from the University of Pittsburgh with degrees in Movement Science and a Doctorate in Physical Therapy in 2002 and 2006, respectively. He completed his fellowship training in Orthopedic Manual Physical Therapy at Regis University in Denver, CO in 2013. He is currently the site

supervisor of rehabilitation for the Hartford Healthcare Ayer Neuroscience Institute's Spine and Wellness Center in Westport, CT."

Brian Swanson PT, DSc is an Associate Professor, Chair of the Department of Rehabilitation Sciences, and Director of the Physical Therapy program at the University of Hartford. Dr. Swanson also serves as Director of the Certificate in Advanced Orthopedic Physical Therapy and co-director of the HHCRN-University of Hartford Orthopedic Residency program. An experienced clinician, he is a board-certified Orthopedic Clinical Specialist and Fellow of the American Academy of Orthopedic Manual Physical Therapists. Additionally, he maintains an active research agenda and has authored multiple peer-reviewed manuscripts on topics including orthopedic tests/measures, clinical decision making, and manual therapy.