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ProMutual Group Expands its Emotional Support Program for Medical Professionals

Boston, MA — ProMutual Group, one of the leading providers of medical malpractice insurance in the Northeast, has announced the expansion of its emotional support program in order to reach all insured healthcare professionals throughout New England and New Jersey. ProMutual Group’s emotional support program consists of confidential, psychiatrist-facilitated peer support groups for physicians facing the stress of malpractice litigation or an adverse outcome that may result in litigation. Physicians discuss their emotional reaction to a medical malpractice claim or suit and learn personal and professional coping strategies for the present as well as professional risk management strategies for the future.

“ProMutual Group’s emotional support program exemplifies a growing acknowledgement that the stress that physicians face can have serious consequences,” says Maureen Mondor, ProMutual Group’s vice president of risk management. “This program has allowed our doctors to unburden themselves and we are thrilled to be able to expand this service to our physicians throughout all our states.”

Since its inception, ProMutual Group’s emotional support program has been available to physicians in Massachusetts and in a few areas in other states ProMutual Group writes business. Over the years, the number of physicians participating in the groups has grown steadily, and the number of groups has increased from a handful to over 25 group sessions this past year. Because of this demand, ProMutual Group decided to expand the service to its entire seven-state territory.

A study in a recent issue of the *New England Journal of Medicine (NEJM)* underscored what many have already come to know about the practice of medicine — it’s an inherently stressful profession that is populated by ambitious individuals trained to pursue perfection and avoid weakness at all costs. According to the *NEJM* study, those stresses are taking a toll as the suicide rate among female doctors are 130 percent higher than among women in general and rates among male doctors are 40 percent higher. The stresses of daily life which physicians consistently suffer from are further compounded by the pressures of working long hours, having to deliver bad news to patients, responding to the threat of malpractice claims, and meeting the stringent requirements of today’s demanding health management organizations.

“ProMutual Group’s emotional support groups are an important outlet to physicians who are overwhelmed by the increasing stresses of medical practice and may be dealing with the emotional effects of malpractice litigation,” said Dr. Miguel A. Leibovich, M.D., C.G.P., a psychiatrist who collaborated with ProMutual Group to establish the program. “It allows physicians to establish a confidential, trusting relationship with a qualified professional as well as with peers experiencing similar stresses — this is invaluable.”

About ProMutual Group

ProMutual Group insures nearly 16,000 physicians, surgeons and dentists, as well as a large number of hospitals, health centers and clinics. With over 30 years experience insuring the healthcare industry, ProMutual Group has an impressive \$1.7 billion in admitted assets, \$378 million in policyholder surplus, and \$286 million in direct written premium. The companies also proudly maintain an A- (Excellent) rating from A.M. Best, the nation’s leading independent insurance rating organization. Based in Massachusetts, ProMutual Group also operates in Connecticut, Maine, New Hampshire, New Jersey, Rhode Island and Vermont.

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