

A Systematic Approach to Medically Unexplained Symptoms 2026 Workshop

Wednesday, August 5, 2026 – Communicate with Confidence

Build partnership and hope—fast.

This is an optional workshop, being held as part of the A Systematic Approach to Medically Unexplained Symptoms 2026 conference. A separate purchase from the general session is required. This session is available in-person only.

Times are listed in Pacific time

12:45 – 1:15 PM	Lunch for Workshop Attendees
1:15 - 2:00 PM	Discussion of Complex Cases, Pre-Test Emrys Fonseca, MB, BCh, BAO, MS Participants will learn concise, approachable, non-stigmatizing communication principles and techniques to build partnership, educate patients, and foster hope, even in time-limited visits.
2:00 - 2:30 PM	Small Group Case Exercise Stephanie Grach, MD, MS Participants will form small groups and talk through the process of applying the above skills learned by using a clinical case example.
2:30 - 3:00 PM	Role Playing Case Exercise Emrys Fonseca, MB, BCh, BAO, MS, Stephanie Grach, MD, MS Participants will practice the above skills learned in pairs. Each participant will have the opportunity to role-play as a patient and as a provider, and to receive feedback from the course instructors.
3:00 – 3:15 PM	Large Group Discussion, Post-Test Emrys Fonseca, MB, BCh, BAO, MS Participants will review patient-centered educational and therapeutic language and framing, to validate patients' lived experience, introduce science without jargon, and create momentum for self-management, appropriate referrals, and follow-up. Participants will leave this workshop with a skillset that they can further personalize and refine to help their patients feel heard and to help them feel confident in navigating complex and challenging clinical encounters.
3:15 PM	Adjourn Workshop

