

Praxis Partners Sessions
Give 'n Get and Praxis Showcase
March 26, 2014

Attached are additional background materials for five of our panelists today:

- **Chris Brigham**, MD (physician)
- **Susan Isernhagen**, PT (physical therapy)
- **Les Kertay**, PhD (psychologist)
- **Len Matheson**, PhD, CRC, CVE (psychologist, voc rehab counselor)
- **Robin Nagel**, MS, CDMS (disability management specialist, voc rehab counselor, mediator)

Christopher R. Brigham, MD, the President of Brigham and Associates, Inc., is recognized as a thought leader on human potential and dis/ability. He is committed to working with others in the application of evidence-based medicine and best practices to promote function. His goal is to have us all, including those who are injured and ill, experience joyful and productive lives.

He has a strong professional background. Chris received his Medical Degree from the Washington University School of Medicine – St. Louis and his Masters of Medical Science from Rutgers Medical School. He is Board-Certified in Occupational Medicine (ABPM), Founding Director of the American Board of Independent Medical Examiners (ABIME), a Fellow of the American College of Occupational Environmental Medicine (FACOEM), and a Fellow of the American Academy of Disability Evaluating Physicians (FAADEP) with Certification in Evaluation of Disability and Impairment Rating (CEDIR). He is the Editor of the *Guides Newsletter* and Senior Contributing Editor for the *AMA Guides to the Evaluation of Permanent Impairment*, Sixth Edition.



Chris has edited and co-authored several books, has written over two hundred and fifty peer-reviewed articles, chaired the Medical Advisory Board for the *Medical Disability Advisor* (Fourth Edition) and is featured in video, audio, and web-based productions. Chris has traveled the world and trained several thousands of physicians, attorneys, claims professionals, and fact-finders. He is an accomplished professional speaker and often serves as keynote presenter with the goals of inspiring and empowering attendees.

As a clinician with over thirty years of experience, he had performed several thousand independent medical evaluations, which provided him with excellent insight to the complexities often associated with injury and illness. As a result of his experience and challenges he has encountered, he has gained insights to the disabling process and how this can be prevented. He is passionate about creating change that will: 1) empower individuals to live productive lives and 2) reduce human and financial costs associated with disabling.

He is a member of the First Presbyterian Church of Honolulu, a Stephens Minister, and a mentor with the Marine Corps Wounded Warriors Battalion West. He and his wife, Cathy, reside on Oahu and spend summers in Maine with their daughters and grandchildren. He enjoys his family and friends, travel, sailing, kayaking, bicycling, running, and hiking.



Susan Isernhagen, PT, is a developer and practitioner in the fields of work injury management and prevention. She specializes in occupational health and created many of its fundamental programs. She developed the first functional capacity assessment, functional job description, functional post offer screen and early return to work processes. Current DSI programs are the Job Function Matching Programs® which is early job specific testing for reducing lost and restricted days.

In integrating the spectrum of work injury management and prevention, she has developed consulting continuums in the areas of:

- Occupational health program and business development for hospitals, occupational medicine practices and occupational rehabilitation clinics
- Analysis and change opportunities for preventing work injuries and minimizing disability for employers and employee groups
- Prevention of disability discrimination
- Rehabilitation Sciences
- Aging workforce
- Disability reduction through return to work and return to independence
- Functional ergonomics

She has presented education and training in the United States, Canada, Australia, Switzerland, Germany, the Netherlands, England, China, Singapore and Israel. Her audiences include occupational medicine physicians and rehabilitation personnel, the US Military, and employers.

She is editor/author of texts and journals:

- The first three chapters in the comprehensive Guide to Functional Evaluation book published by AMA press 2009
- The Comprehensive Guide to Work Injury Management (1995)
- Work Injury Management and Prevention (1988)
- Three volumes of the journal WORK (2006, 2001 and 2000)
- Multiple articles on occupational health in professional journals and publications

Professional roles:

- 5 Social Security Disability committees/task forces
- Editorial board, journal of WORK
- Recipient of the APTA Kendall award for practice and practice of the year



Dr Les Kertay & Associates, LLC

wake up to life, show up at work, and link up with others

Professional Profile

Dr. Les Kertay works with individuals and organizations to help them function at their highest potential for health & wellbeing. He believes that when we wake up in life, show up in work, and connect up in relationships, we create the conditions in which everyone succeeds.

Les is a Licensed and Board Certified clinical psychologist with more than 35 years of experience applying behavioral principles across a wide array of circumstances. He has expertise in mind-body health, disability medicine, chronic pain, human productivity, and medical ethics. He has spent the past 13 years in executive leadership positions in private disability insurance, and is now leaving corporate life to work as a consultant and coach to those who want to enhance well-being, build stronger relationships, and work in ways that are sustainable.

Les is also a dynamic speaker who has presented at national and international conferences on topics related to the psychological aspects of work and disability, practical approaches to managing psychosocial issues in medical practice, pain management, somatoform and personality disorders, positive psychology, and ethical living. He is a contributor to three texts on the psychosocial aspects of complex disability claims.

Les is the author of the blog *Awakened Moments*, and is currently writing a memoir titled, *My Life as a Corporate Failure*

Current and Previous Positions

- Dr Les Kertay & Associates, LLC
 - Owner, coach, & consultant
- University of Tennessee at Chattanooga
 - Adjunct professor
- Lincoln Financial Group
 - Vice President & Chief Medical Officer
 - AVP, Medical Director
- Unum
 - VP of Medical Operations, Chief Medical Officer
 - Lead Medical Director
 - Medical Director
- Private Practice
 - Licensed Psychologist
 - Mental Health Counselor
- Gryphon Place
 - Training coordinator
 - Crisis specialist

Education

- Ph.D., Clinical Psychology, Georgia State University
- M.A., Psychology, Georgia State University
- B.A., Communications, Western Michigan University

Certifications & Licenses

- American Board of Professional Psychology
- National Register of Health Service Providers in Psychology
- Licensed Psychologist, Tennessee

Leonard Matheson PhD

Leonard N. Matheson, PhD is a psychologist who has pioneered numerous innovations in medical rehabilitation. His background in rehab stems from 1925, when his paternal grandfather, injured in WWI, entered a new career through the VA and was able to support his family, and from 1928 when his maternal grandfather, an injured Tulsa, Oklahoma firefighter was not able to return to work, leading to the dissolution of his family. Len has been in academic medicine since 1970 and maintains an active consulting and counseling practice throughout the United States and Canada. He is especially committed to helping people with disabilities return to work and take care of their families.



Leonard N. Matheson, PhD, CRC, CVE
Psychologist, Rehabilitation Counselor, Vocational Evaluator
EpicRehab, St. Charles, MO
Len@epicrehab.com
636-346-8869

Bio/professional summary – Robin M. Nagel, MS, CDMS

At this 30-year vantage point as a rehabilitation professional, I have come to think of all kinds of work as productive engagement, in life. “Full Circle Interdisciplinary Consulting” is how, in 2014, I am “engaging productively” in support of working Californians and organizational leadership, business partners and healthcare providers committed to restraining needless fiscal and human costs. I contribute my leadership in active pursuit of the healthful benefits of Work Disability Prevention and Absence Management, as a consultant, whether in-house or external. Regulatory compliance requires multi-party commitment and Stakeholder "intermediation" can help bring these objectives about. These Full Circle Interdisciplinary practices of mine characterize the distinctive strategies and resources I bring to receptive tables.

I am best known for imparting a brightly defined vision of complex work goals in light of underlying common interests, in print and in purposeful discussion. This is undertaken through engaging diverse Stakeholders in constructive problem-solving, on assignment. The California Consortium to Promote SAW-RTW (www.casawrtw.org) is a public service example of my work. It remains an all-volunteer, statewide, multidisciplinary Stakeholders’ interests group I have chaired “virtually” since 2008. My special passion is for devising innovative solutions to improving the demonstrable health & productivity of our California working population. Here's my approach, as exemplified through some achievements:

- > I have consulted strategically for small and mid-sized organizations, work groups, and for clinical practices seeking interest-based improvements in approaches to clinical care, supporting implementation in each.
- > I developed and delivered a RTW through volunteer service curriculum for chronic pain patients in a clinical practice's functional restoration program, while coaching its physicians in work disability prevention principles.
- > I have presented on many occasions to DMEC, IBI, NBCH and PARMA forums regionally and nationally, on workplace relations, absence, disability, health and productivity . I helped organize, and presented on topical issues to the International Forum on Disability Management 2010 and 2012. Those talks drew together the overlapping interests of different Stakeholders, particularly healthcare provider-partners, with labor and management. I am a certified mediator in civil, organizational and commercial disputes, and a CA State Bar-certified "lay" arbitrator in California.
- > I excel in facilitating labor-management collaborations to achieve common objectives for business and workers. Collaboration is essential to achieving durable workplace solutions to work disruptions, due to medically needless “sick” absences. Undertaking new opportunities to advance personal and organizational well-being in the workplace arena inspires me to help build a 21st Century model of work and health.

As a founding member of Praxis Partners* I cannot better summarize my professional values than as are expressed this statement, crafted collaboratively by our early members, including myself, in 2013: <http://www.webility.md/praxis/core-values.htm>. My educational background, employment chronology and certifications may be found at www.linkedin.com/pub/robin-m-nagel-ms-cdms/5/891/939/.

*Established by Jennifer Christian, MD, MPH of Webility Corp., 2013

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rmnagel@pacbell.net