



Litigation Education: From Gita Pensa, MD, FAAEM

I'm so glad that you are here and open to learning what I want to teach you.

I'm [Dr. Gita Pensa](#), an emergency physician who has been in practice for over 20 years. I, myself, was a defendant in a high-stakes malpractice case that spanned twelve years and two prolonged jury trials. I had never been taught or prepared in any way for what litigation had in store. The weight of it spilled over into every sphere of my life. Finally, after many years of truly suffering in isolation, I finally hit a breaking point -- and now I'm so grateful that, instead of succumbing, I made a vow to instead find ways to empower and educate myself.

I had no idea at the time that this would alter the course of my career and lead me to becoming not only a better defendant, but a more fulfilled doctor and a happier human being -- AND someone who feels a calling to help other doctors chart a better path through this painful and VERY COMMON experience in medicine. We'll talk about some tough topics -- and, believe it or not, we're also going to have some fun. (That sounds preposterous right now, but -- just trust me on this one.)

Teaching other physicians about what I have learned has become a true passion of mine -- I have been doing lectures, podcasts, speaking engagements, and 1:1 and group coaching of physician defendants for years now. But I have *also* been teaching and consulting for insurance claims teams and defense attorneys around the needs defendants have in terms of practical and psychological preparation. This program marks the start of a new phase of collaboration with all the stakeholders in malpractice litigation.

This course will draw from a wide body of experience: from tort law and legal performance techniques to cognitive neuroscience, behavioral therapy, coaching, resilience training, and maybe a couple of wacky things I've tried along the way, too. I'm going to pack a LOT into these eight modules, and I thank you for this opportunity to teach you what I've learned.

My goal? For you to become a more effective defendant and a happier, healthier human being in the process.

With deep respect,

Gita