Resilience and Wellbeing in (spite of) Healthcare

Purpose:
Resilience and Wellbeing in (spite of) Healthcare provides research-based tools and techniques for thriving as a healthcare professional. National studies indicate that 44% of US physicians experience symptoms of burnout, that there is an inverse relationship between compassion and burnout, and that compassion is a skill that can be enhanced with training.

Target Audience:
Physicians and other healthcare workers

Why Take this Course?
- Interactive, engaging, online format
- CME credits - 1.5 credits for each of 7 modules, up to 10.5 credits total
- Flexibility - take one or any number of modules in any sequence
- Convenient virtual format – a Zoom link will be emailed to you upon registration.

Registration:
Click here to register. For questions, contact Tiara Thomas at 309-495-1683 or CenterForWellbeing@uic.edu

Cost:
- Free to UICOMP employees
- $30/session or $175/series of 7

SPEAKERS

Debra Disney, MEd, LCPC, serves as Director of the Center for Wellbeing in the Psychiatry and Behavioral Medicine Department at the University of Illinois College of Medicine Peoria [ddisney@uic.edu]. Ms. Disney’s passion is to help healthcare providers enhance resilience and combat burnout using evidence-based practices.

Marcelo Bento Soares, PhD, serves as Head of the Department of Cancer Biology and Pharmacology, Senior Associate Dean for Research, and has joint appointments in Psychiatry and Neurosurgery at the University of Illinois College of Medicine Peoria [mbsoares@uic.edu]. Dr. Soares has been working to bring emotional awareness and compassion training to medical education, to healthcare providers, to educators and to cancer survivors.

Upon completion of this activity, participants should be able to:
- Describe techniques for maintaining resilience in the challenging healthcare environment
- Identify techniques for cultivating cultural humility
- Apply emotion regulation skills
- Craft a personalized plan for self-care

Participants will learn:
- Steps for turning toward difficult experiences, with compassion
- Practical strategies for regulating thoughts, emotions, and behavior
- Understanding stress and managing it effectively
- Sustaining compassion for self and others, even during difficult circumstances
- Enhancing wellbeing, lowering levels of anxiety and depression
- Fostering more satisfying, interpersonal and professional relationships

Dates and Modules (all modules are on Mondays, from 6:00 p.m. – 7:30 p.m.):
04/05/21  Module 1: Security Priming (Autonomic Nervous System regulation; Nurturing Moment; Attention Skills)
04/19/21  Module 2: Emotional Episode Timeline; Emotional Regulation; Cognitive Balance
05/03/21  Module 3: Motivation/Purpose
05/17/21  Module 4: Self-Compassion (Mindfulness; Common Humanity; Kindness)
06/07/21  Module 5: Cultural Humility; Impartiality; Interdependence; Gratitude
06/21/21  Module 6: Embodied Communication (Empathic and Compassionate Listening)
07/19/21  Module 7: Lovingkindness; Empathic Joy; Equanimity; Compassion

The University of Illinois College of Medicine Peoria is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Illinois College of Medicine Peoria designates this online course for a maximum of 10.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.