

# Continuing Education/Continuing Medical Education (CE/CME)

## Resiliency Training

**WHEN:** This will be a one hour weekly virtual session for 6 weeks in a row.  
July 14, 2022 — 7:00 AM to 8 AM EST  
July 21, 2022 — 7:00 AM to 8 AM EST  
July 28, 2022 — 7:00 AM to 8 AM EST  
August 4, 2022 — 7:00 AM to 8 AM EST  
August 11, 2022 — 7:00 AM to 8 AM EST  
August 18, 2022 — 7:00 AM to 8 AM EST

Participants must complete a profile to be able to register for class, mark attendance, and claim CE credits. [How to set up your profile](#)

If you would like to use the Cloud CME App to mark attendance, here are instructions for that.

[How to set up the Cloud CME Mobile App on your phone](#)

This 6 hour class is listed as one class, so you will only mark attendance once and you will have one evaluation to complete. If you miss a class, you will mark how many hours you attended on your evaluation.

Please register for this class and you will be sent the link to join. [How to register for classes](#)

### Presentation purpose:

This 6-hour curriculum overviews the concepts and skills of resiliency to help people better regulate their emotions and lead happier, more connected lives. The program is tailored to the specific needs of health care workers and we provide examples of how they can apply the skills they learn in our course in their day-to-day jobs. There is a documented need to help professionals prevent and cope with the emotional exhaustion of working with ill-patients in a fast-paced health care system so they choose to remain in their professions. Health care professionals with high levels of well-being should provide higher quality care and be less likely to leave their profession.

### Learning objectives:

- Participants will be able to describe the main components of resiliency and how they may be integrated into their role as healthcare professionals.
- Participants will be able to explain the difference between empathy and compassion and utilize strategies to avoid emotional exhaustion.
- Participants will be able to demonstrate strategies they can use on the job to regulate their difficult emotions while caring for others in pain.

### Target audience:

This activity is designed for the interdisciplinary audience including the following:

Specialties: All Specialties

Professions: Physician, Non-Physician, Physician Assistant, Psychologists, Pharmacist, Nurse, Social Workers, Pharmacy Technician, Chaplain, Advanced Practice Nurse, Other

### Accreditation



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Ascension is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### Credit designation:



IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 6.00 IPCE credit(s) for learning and change.



ACCME  
ACCREDITED

Ascension designates this Live Activity for a maximum of 6.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



AMERICAN NURSES CREDENTIALING CENTER

This activity is awarded 6.00 ANCC contact hour(s). (based on 60 minutes per contact hour)



Ascension has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 6.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



ACPE  
ACCREDITED

This knowledge-based activity qualifies for 6.00 contact hours of continuing pharmacy education c



ASWB approved continuing education

As a Jointly Accredited Organization, Ascension is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Ascension maintains responsibility for this course. Social workers completing this course receive 6.00 continuing education credits.



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

## Faculty/Course Director/Planners:

Ascension has selected all faculty participating in this activity. It is the policy of Ascension that all CE/CME planning committees, faculty, authors, editors, and staff disclose relationships with commercial interests upon nomination or invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and if relevant, they are resolved prior to confirmation of participation. Only those participants who have no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this activity.

## Conflict of Interest:

In accordance with the ACCME Standards for Commercial Support, it is the policy of Ascension to ensure balance, independence, objectivity and scientific rigor in all CE/CME activities.

Full disclosure of conflicts and conflict resolution will be made in writing via handout materials or syllabus.

Name of individual	Individual's role in activity	Name of Ineligible Company(s) / Nature of Relationship(s)
Tommi Reel, B.S.	Activity Administrator	Nothing to disclose - 01/12/2022
Phoebe Long, PhD	Activity Coordinator	Nothing to disclose - 12/13/2021
Krista L Gregory, M.Div., Board Certified Chaplain	Activity Coordinator	Nothing to disclose - 12/16/2021
Debra Hollander, MD	Faculty	Nothing to disclose - 01/13/2022
Heather Kirkpatrick, Ph.D., Psychologist	Faculty	Nothing to disclose - 01/21/2022
Marissa Knox, PhD	Faculty	Nothing to disclose - 05/03/2022
Jamie A Moore, MSN, Certified Pediatric Nurse Practitioner	Nurse Planner	Nothing to disclose - 04/29/2022
Lisa Cronin, MPAS, PA-C	PA Planner	Nothing to disclose - 05/27/2022
Thanh hao Ngo, PharmD, BCPPS	Pharmacy Planner	Membership on Advisory Committees or Review Panels, Board Membership, etc.-Blue Cross Blue Shield of Texas, Medicaid Advisory Committee - 05/27/2022
Tory Meyer, MD, surgeon	Physician Planner	Nothing to disclose - 03/30/2022
Puja Patel, PhD	Psychologist Planner	Nothing to disclose - 10/08/2021
Abby Glock, MSW, LCSW	Social Work Planner	Nothing to disclose - 05/31/2022
Beverly Beltramo, D. MIN, BCC	Faculty	Nothing to disclose - 06/06/2022

## Commercial Support:

No commercial interest was received for this CE/CME activity.