Resilience and Relational Health: Beyond the Basics

Fri, May 17 OR Tues, May 21
12 Noon

REGISTER NOW

In our post-pandemic world where resources are stretched paper-thin, each one of us can help support resilience in our work.

Whether you are a seasoned physician or a brand-new medical assistant, this course will empower you with actionable trauma-informed strategies to respond to patients, parents and loved ones when they are having a hard time.

You will learn how to view trauma-informed care as a universal response and how to expand your ability to work with families who are enduring potentially toxic levels of stress. In learning these strategies, you will be empowered to not only mitigate the stress your patients experience but also your own stress to promote professional and personal resilience.

Learning objectives:

- Identify protective factors that support resilience and common barriers to accessing these
- Learn step-wise strategies to remain curious and avoid jumping to judgement when working with a stressed family or patient
- Expand your comfort zone for working with families who are experiencing potentially toxic levels of stress
- Practice relational health rupture repairs
- Integrate a consistent process for validating challenges and engaging families affected by trauma

Speaker:
Gretchen Pianka, MD