

StressPal

beyond relief
RESILIENCE



**Building clinician and
healthcare community
resilience and flexibility**

Beyond stress relief – Resilience for clinicians, care teams and organizations

Healthcare systems, hospitals and related facilities face systemwide challenges that lead to clinician burnout, turnover and shortages, while struggling to maintain high-quality patient care and outcomes.

StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention is a self-paced, online evidence-based training program that is designed for easy adoption and implementation by organizations to address clinical care team wellness.

Continuing Medical Education Credits

Physicians – maximum of 4.0 *AMA PRA Category 1 Credits*™

Nurses – 4.0 contact hours

Psychologists – 4.0 continuing education credits

Healthcare Team – 4.0 Interprofessional CE credits

Faculty: James Monroe, PhD., Pennie Sempell, JD, Karen Knecht MSN, RN-BC

Jointly provided by Postgraduate Institute for Medicine and StressPal

[For Accreditation Information](#)

The High Cost of Healthcare's Stress



Burnout



Staff Shortages



Increased Turnover



Compromised Care

Support clinician wellness with a comprehensive, affordable tool

Integrating leading intervention strategies and grounded in peer-reviewed research in the science of psychological flexibility and resilience, StressPal's web-based resilience training programs harness the brain's complex ability to change its response to stressors, to adapt, and to recover more quickly from stress. The brain-based approach to stress resilience training personalizes the user's experience in a video-based, active-learning environment with action-based strategies shown to:



Sharpen focus, problem solving and team communication



Reduce stress, burnout and errors/adverse events



Improve energy, sleep quality and healthy consumption



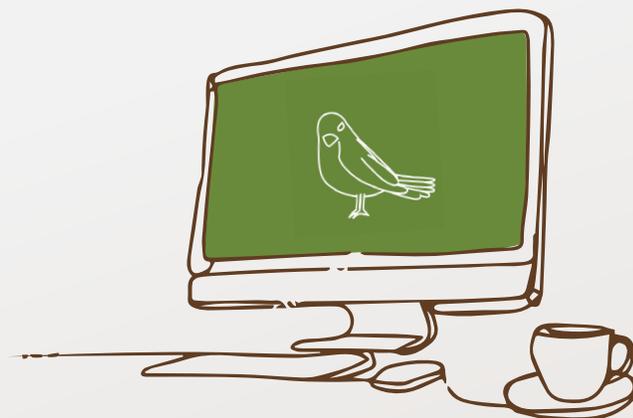
Enhance life and work satisfaction, as well as retention



StressPal Frontline's active-learning platform promotes interprofessional team skills to improve the patient experience

With team engagement and built-in peer-to-peer features, participants benefit from learning a common language and methods – to self-assess, model and support team members – to maintain and build resilience, even in the heat of the moment.

In a secure, confidential environment, the program unifies leading intervention strategies in practical, focused learning for immediate application. The video-rich program is customized by the learner with multiple evidence-based strategies (cognitive, behavioral, and physical) that are personally relevant.



Estimated time to complete activity:

4 hours self-paced over four-weeks, in brief incremental steps, with breaks between levels for application in daily life.

Ongoing support for 12 months included

- Earn CME/CNE/APA/IPCE credits
- Discounted team bundles
- No downloads required
- Web-based for any device
- Branding to the organization
- Dedicated peer-to-peer community
- No sharing of personal data or email

A new way forward: Tackling systemwide challenges that lead to burnout

StressPal Frontline's resilience-promoting training can enhance the **capacity** for effective collaboration, communication and creative problem solving between all health care stakeholders. This is achieved when individuals *acquire, apply, model and reinforce* cognitive strategies, in the face of stressors, that better align with valued directions.

"As a cognitive behavioral practitioner, I am very well versed in mindfulness practices Acceptance and Commitment therapy. I found StressPal Frontline to be quite engaging. The information and techniques presented are scientifically based, state-of-the art and powerful. It is truly an innovative program."

Julie A. Williams, Ph.D.

Licensed Psychologist, Oregon

Read more by the course directors in this KevinMD.com article "[Persistent stressors and resilience: a new way forward for health care communities](#)," or listen to this radio episode on [Dr. Nick van Terheyden's The Incrementalist](#).

Contact Us Today at
subscribe@stresspal.com
to Learn How Building a
Culture of Resilience Can
Make a Difference for You.

"In a world where intensely negative emotions are all too prevalent, I applaud the efforts made by Pennie Sempell, and her colleague, James Monroe, PhD to develop stress resilience training tools based on real science. StressPal's emphasis on mindful, present moment interventions couldn't come at a better time."

Paul Ekman, PhD

Science Advisor for FOX TV's Lie to Me, based on his life and work, co-author with The Dalai Lama of Emotional Awareness



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