

# StressPal Frontline Essential Resilience Self-Care and Burnout Prevention

## Earn 12 Contact Hours + 12 Interprofessional CEUs + Peer-Coach Tools

### FACTSHEET

Jointly provided by Postgraduate Institute for Medicine and StressPal **Release date:** March 15, 2021

**Program competencies:** Enhance knowledge and ability to apply evidence-based cognitive and behavioral interventions strategies in the face of stress-triggered responses; self-care to safeguard and strengthen individual psychological flexibility and resilience; ability to choose more workable strategies in the face of stressors, aligned with valued directions; and improve interprofessional behaviors and communication. Dedicated peer/coach tools.

**Estimated time to complete activity:** Active-learning, self-paced. 12 hours over 6 weeks in five levels with breaks between levels for application in daily life. On-going resources and support modules for 12 months.

**Target Audience:** This professional development CE activity was designed for the healthcare workforce (clinicians, trainees, care teams, administrators, support staff), allied professionals and their families.

#### Credits Available:

Physicians – maximum of 12 AMA PRA Category 1 Credits™

Nurses - 12 contact hours (American Nurses Credentialing Center)

Psychologists – 12 continuing education credits (American Psychological Association)

Healthcare Team – 12 Interprofessional Continuing Education credits

**Fee Information:** Contact StressPal for group subscription rates/customization (from \$15/learner/month)

#### Educational Objectives:

*A rating of 5 is “strongly agree. User average rating is 4.4.*

\* Apply in daily life, and in the heat of the moment, three or more evidence-based cognitive intervention strategies.

\* Identify and apply two or more evidence-based strategies that are personally relevant to their stress-triggered behaviors, such as excessive mistakes, difficulty focusing, defensively, critical or avoidant behaviors. \* Integrate resilience-promoting cognitive, behavioral and physical strategies in daily life and enable the learner’s ability to flexibly conduct their lives in ways that align with valued directions.

\* Engage in several different kinds of guided mindfulness meditation exercises to achieve stress relief and decompress when needed or as a regular practice.

\* Promote positive resilience modeling, interpersonal, communication and pro-social behavior with team members, colleagues, staff and patients.

#### Faculty

James Monroe, PhD (Clinical Psychology)

Pennie Sempell, JD (Conflict resolution, stress management training)

Karen Knecht, MSN, RN-BC (Nursing, nursing informatics)

**Medical Advisors:** Nancy Carteron MD, Tom Davis MD, Ricki Pollycove MD

**Data:** Available on request

**CONTACT:** training@stresspal.com 855-500-WELL



SCHEDULE A CALL

# StressPal Frontline Essential Resilience Self-Care and Burnout Prevention

## Free Text Learner Responses

*"Receiving such germane material impressed me and made me feel recognized, validated and that my organization was taking real steps to care for my mental, physical and moral wellbeing."*

*"I am in a much better place than when I started the program and find myself naturally taking actions that support my emotional health."*

*"StressPal does a beautiful job of addressing our struggles by first making us feel heard and known, and then with definitive actions we can take to manage our stressors and improve our well-being – allowing us to continue to provide high quality care to our patients."*

*"StressPal Frontline has given me the impetus to restructure my work through identifying the main stress trigger situations and minimizing them, so I'm less exposed in my daily practice. Now, when I face stress triggers, I am more prepared and have the resilience to deal with them."*

*"One of the most compelling parts of the program for me was the animated stories. The stressful situations and the response of the characters was immersive – I felt I was right there in the situation which heightened my ability to connect with my feelings and stress responses. I was able to consciously observe my automatic patterns and release my holding so tight. "*

*"Resilience can be viewed as a fertile process that can optimize the personal best qualities we have shaped over time, while also promoting growth in and experimentation of new ventures." James Monroe, Ph.D., Clinical Psychology. StressPal Faculty*



[CONTACT](#)