

## ***StressPal Frontline: Essential Resilience Self-Care and Burnout Prevention***

Jointly provided by Postgraduate Institute for Medicine and StressPal

**Release date:** March 15, 2023

**Expiration date:** March 15, 2026

**Estimated time to complete activity:** 12 hours over 6 weeks, self-paced in incremental steps, with breaks between levels for application in daily life.

### **Credits Available:**

Physicians – maximum of 12 *AMA PRA Category 1 Credits*<sup>™</sup>

Nurses – 12 contact hours

Psychologists – 12 continuing education credits

Healthcare Team – 12 Interprofessional Continuing Education credits

**Fee Information:** \$179(non-recurring) or \$14.97/month per learner. Group discounts available (Contact [StressPal](#))

If you have questions regarding the certification of this activity, please contact PIM via email at [inquiries@pimed.com](mailto:inquiries@pimed.com).

To reach StressPal, [CLICK HERE](#)

### **Target Audience**

This continuing education activity is intended for physicians, registered nurses and psychologists engaged in the care of patients.

### **Educational Objectives**

*After completing this activity, the participant should be better able to:*

- \* 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, defensiveness, 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 brief guided mindfulness meditation exercises to achieve stress relief and decompress when needed or as 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)

Co-founder, Chief Clinical Officer at StressPal. Former clinical psychologist and co-founder of the Department of Psychological Medicine, Peace Health Medical Group, and in private practice (retired). Eugene, OR

**Pennie Sempell, JD**

Co-founder, Chief Executive Officer at StressPal. Pioneered integrative health education programs with physicians associated with California Pacific Medical Center, and producer of multimedia health curriculum. Attorney/mediator (retired). San Francisco Bay Area, CA

**Karen Knecht, MSN, RN-BC**

Clinical advisor at StressPal. Chief Clinical Officer for emids (retired). Registered Nurse and board certified in Nursing Informatics. Colleyville, TX

**Disclosure of Conflicts of Interest**

Postgraduate Institute for Medicine (PIM) requires faculty, planners, and others in control of educational content to disclose all their financial relationships with ineligible companies. All identified conflicts of interest (COI) are thoroughly vetted and mitigated according to PIM policy. PIM is committed to providing its learners with high quality accredited continuing education activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of an ineligible company.

The faculty reported the following relevant financial relationships with ineligible entities related to the educational content of this CE activity:

James Monroe, PhD has nothing to disclose.

Pennie Sempell, JD has nothing to disclose.

Karen Knecht, MSN, RN-BC has nothing to disclose.

The PIM planners and others have nothing to disclose.

**Method of Participation and Request for Credit**

In order to obtain your CE certificate, please follow the steps provided at the conclusion of the activity. You will be provided a link and instructions to claim credit.

**Joint Accreditation Statement**



In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and StressPal. Postgraduate Institute for Medicine 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**

### **Physician Continuing Medical Education- AMA**

The Postgraduate Institute for Medicine designates this enduring material for a maximum of 12 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Continuing Nursing Education-ANCC**

The maximum number of hours awarded for this Continuing Nursing Education activity is 12 contact hours.

### **Continuing Pharmacy Education - ACPE**

Postgraduate Institute for Medicine designates this continuing education activity for 12.0 contact hour(s) (0.12 CEUs) of the Accreditation Council for Pharmacy Education. (Universal Activity Number - JA4008162-9999-23-108-H99-P)  
Type of Activity: Knowledge

### **Interprofessional Continuing Education- ICPE**



This activity was planned by and for the healthcare team, and learners will receive 12 Interprofessional Continuing Education (IPCE) credit for learning and change.

### **Continuing Psychologist Education -APA**

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.

#### *Credit Designation*

This program offers 12 continuing education credits for psychologists.

### **Computer System Requirements**

No download is required for this web-based program, accessible from any device. For the best user experience of video content, a tablet or larger monitor is recommended. Supported by modern web-browsers: Chrome, Firefox, and Safari.

### **Disclosure of Unlabeled Use**

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

### **Disclaimer**

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this

activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.