

UPCOMING CONFERENCE

A PROFESSIONAL DEVELOPMENT OPPORTUNITY



THRIVE Physician Support Training

Conference Faculty



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Tuesday, 7/27	5-9 p.m.
Wednesday, 8/4	6:30-10:30 a.m.
Thursday, 8/26	6:30-10:30 a.m.
Wednesday, 9/8	12-4 p.m.
Wednesday, 9/15	5-9 p.m.

All sessions held in Indian Hills East – 1st Floor Training Room

Target Audience: All physicians across the Children's enterprise

Purpose: To provide physicians with support training on key THRIVE topics including providing a foundation of support, assessing healthcare stress, responses to stress and resources for support.

Participants will learn evidence-based skills that equip them to provide confidential, evidence-based support designed to increase clinical staff wellbeing and empower employees to remain resilient in response to the unique challenges of pediatric healthcare. Interventions focus on identifying and normalizing stress reactions so the associated feelings can be safely acknowledged and processed in a way that results in emotional regulation, meaning making and post-traumatic growth.

Course Objectives by Agenda Topic

The Foundation of Support

- Discuss the impact that social awareness and empathy have on communication
- Utilize active listening skills in order to respond effectively
- Identify and label emotions, and choose responses that communicate an understanding of empathy
- Be confident in your ability to develop supportive relationships with peers through active listening and empathy

Assessing Healthcare Stress

- Discuss the various types of healthcare related stress
- Utilize empathic conversations to assess and identify healthcare related stress
- Be confident in your ability to assess stress and offer appropriate interventions

Responding to the Need

- Discuss common stress reactions and the fundamentals of crisis intervention
- Demonstrate the ability to normalize stress reactions and aid in personal growth
- Develop a strategy for support using one of the models provided

Supportive Resources

- Increase awareness of and familiarity with a variety of resiliency related resources
- Recognize how to access helpful resources
- Formulate and implement a situationally appropriate intervention plan

CME Credit

Children's Hospital & Medical Center is accredited by the Nebraska Medical Association to provide continuing medical education for physicians. Children's Hospital & Medical Center designates this live activity for a maximum of three (3.75) *AMA PRA Category I Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Questions?

Contact cme@childrensomaha.org or dhuskey@childrensomaha.org