



COMING HOME to PRIMARY CARE

Pediatric Integrated Health

Professional Well-Being • 12-1 p.m. CT Friday, May 28, 2021

Health care workers, including but not limited to physicians, nurse practitioners, physician assistants, nurses, behavioral health providers, and administrators, experience exceptional levels of burnout and compassion fatigue as the result of packed schedules, emotional demand, and moral injury — and these stressors have only been amplified since the outbreak of the COVID-19 pandemic. In this webinar, speakers will describe how stress affects us psychologically and biologically and share research-backed strategies for overcoming barriers to well-being. These strategies are rooted in the Adult Resilience Curriculum, or ARC, a 10-module model for implementing well-being at both the individual and organizational level. The model is rooted in adult positive psychology and organizational well-being theories and has been adapted to apply across medical and educational settings.

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Learning Objectives:

- Discuss the psychological and biological effects of stress related to well-being.
- Explain how Adult Resilience Curriculum (ARC) for Health Professionals can be implemented at the individual and institutional levels to help overcome barriers to well-being.
- Articulate how the Mid-America Mental Health Technology Transfer Center (MHTTC) resources can be utilized to assist with an individual’s professional well-being.

Target Audience:

Behavioral health providers (psychologists, masters level counselors, social workers etc.), primary care providers (physicians, NPs, PAs) and nurses (RNs).

Cost: Free!

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In support of improving patient care, University of Nebraska Medical Center 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.

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The University of Nebraska Medical Center designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The University of Nebraska Medical Center designates this activity for 1.0 ANCC contact hour. Nurses should only claim credit for the actual time spent participating in the activity.

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. This activity has been approved for 1.0 credit hour of continuing education credit.

