

Preventing Provider Burnout in 2021: Taking Time to Care for Ourselves

May 6, 2021, 9 am–2:30 pm

Webinar!

Program Overview and Objectives

This retreat will focus on self-care and helping professionals to prevent personal burnout in their care of others.

Upon completion of this program, participants will be better able to:

- Identify the benefits of mindful self-care for health care professionals.
- Describe the seven lanes of self-care.
- Relate the usefulness of mindfulness skills for overall wellness.
- Explore vulnerabilities, triggers and barriers placing professionals at risk for burnout.
- Investigate breath and therapeutic stretches as methods to reduce professional stress.
- Discuss strategies to increase personal resiliency.

Who Should Participate

This program will be beneficial to nurses, social workers, counselors, psychologists, educators, physicians, health educators and other professionals interested in burnout prevention.



REGISTER ONLINE AT WWW.NWAHEC.ORG/64972

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest School of Medicine and part of the NC AHEC System.

continued ►

Faculty

Jill White-Huffman, LCMHC, MFT, LMBT

Licensed Clinical Mental Health Counselor,
Marriage Family Therapist,
Licensed Massage & Bodywork Therapist
Greensboro, N.C.

Ginger Sims, PA-C, DFAAPA

Provider Onboarding and Engagement
Novant Health Medical Group
Winston-Salem, N.C.

Program Schedule

- | | |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:30 am | Tech Check-in |
| 9 am | Mindful Self-Care & Overview of the 7 Lanes to Self-Care
Jill White-Huffman, MS, LPC, MFT, LMBT
Funded in loving memory of Baine Trivette |
| 10:30 am | Stretch Break |
| 10:45 am | Addressing Vulnerabilities, Triggers and Barriers & Mindfulness Practices – Breath and Therapeutic Stretches
Jill White-Huffman, MS, LPC, MFT, LMBT
Funded in loving memory of Baine Trivette |
| 11:45 am | Lunch Break/Games – Take Out Voucher Provided for You! |
| 12:45 pm | Reconnection and Rejuvenation: Unleashing Your Inner Power
Ginger Sims, PA-C, DFAAPA
Richard Janeway MD Leadership in Medicine Lecture |
| 2:15 pm | Adjourn |

The Richard Janeway MD Lecture Fund is provided by his wife, Nancy Harper Janeway. Richard Janeway, MD, Dean Emeritus, Executive Vice President Emeritus and Professor Emeritus of Neurology, retired in 1999 after serving Bowman Gray/Wake Forest School of Medicine for 33 years. Dr. Janeway was a leader in medical education, clinical services and an early proponent of self wellness and care.

Credits

- 4.0 Contact Hours from Northwest AHEC
- This program does not provide specific NBCC Credits. However, per LPC licensure guidelines, you may submit up to 15 contact hours of continuing education by attending programs by affiliates of the National Area Health Education Center Organization (NAO). Northwest AHEC is a member of the NAO.
- 4.0 Nursing Contact Hours
Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- This program will provide 4.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

Cost and Registration

\$65— Individual rate

\$55— Group rate per person when three or more register together

Registration fee includes instructional and administrative costs, continental breakfasts and lunch.

Register and pay online at northwestahec.org or complete and return the attached registration form by mail or fax. Payment by credit card (Visa, MasterCard and American Express) accepted online. Personal check, corporate check, money order or WFBMC internal transfer accepted by mail.

Payment Policy— Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. Cancellations must be in writing (fax, email or mail). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Refund Policy— Cancellations received in our office at least two days before the activity will result in a charge of \$50 or 30 percent of the paid registration fee, whichever is less. The registration fee will not be refunded if a cancellation is received less than two days before the activity. You may send a substitute in your place.

Note— Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

For More Information or Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Michelle Adams at least five working days before the activity 336-713-7726 or micadams@wakehealth.edu.

Registration Form

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Register online at northwestahec.org

Please select registration fee:

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Primary Phone # (last 4 digits only):

* required

First Name MI Last Degrees (e.g., MD)

Profession Job Title

Home Address City State Zip County

Home Phone Cell Phone

Employer

Employer Address City State Zip County

Employer Phone Employer Fax

Preferred Email

Home Email

Work Email _____

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

► Please register **ONLINE** at www.nwahec.org/64972 (Recommended)

Make check payable to Wake Forest University Health Sciences and mail, with registration form, to:
Wake Forest School of Medicine / NW AHEC
Medical Center Boulevard, Winston-Salem, NC 27157-1060
Attention: Michelle Adams

WFBMC Internal Transfer: 25-digit chartfield # _____ - _____ - _____ - _____ - _____

Employer will make payment. Supervisor completes below and faxes registration to 336-713-7701.

Supervisor's Name (Printed)

Signature

Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.

Please check if needed:

- Vegetarian Meal
- Gluten-free Meal
- Vegan
- Lactation Room