

Addressing Burnout During Times of Uncertainty

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Track: Clinical

CE: CPA/BBS/BRN/POST (1.5)

Narrative

This interactive workshop looks at the "good news" about burnout: that there are evidence-based tools and strategies that we can apply to increase resilience and decrease the impact of chronic stress. Participants will have a hands-on experience with brief interventions and will be invited to craft a change plan to promote individual and institutional wellness.

BIO

Learning Objectives

1. Describe the human response to acute and chronic stress.
2. Identify trends in stress and forensic professionals.
3. Compare three evidence-based strategies to increase resilience and manage chronic, occupational stress.