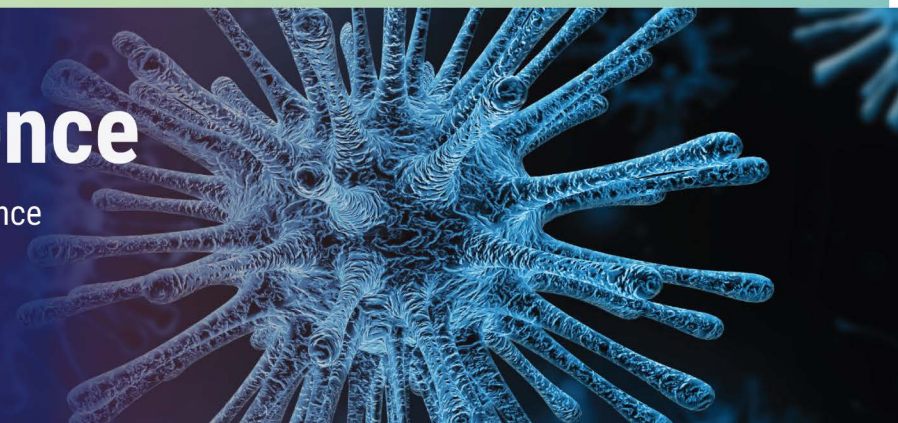


# Guide to Resilience

A four-part series providing tools and guidance to physicians as they navigate through the biggest crisis we have faced. Information about the following sessions coming soon.

**FREE | Online Webinar | CME Available**



**PART 1 - Thursday, July 16 | 12:00 to 1:00 PM**

## **GRIT'S ANATOMY: THE RESILIENT DOCTOR IN THE COVID ERA**

To cope with the stress of the present and the future, doctors will need new resilience in the face of suffering, expanded capabilities to pay attention in more complex environments, and greater emotional intelligence in their relationships to care for others while also caring for themselves. This presentation introduces physicians to a positive psychology framework for promoting resiliency, grit, and self-care to ultimately increase their effectiveness and satisfaction at work and at home. Physicians actively pursuing their own resilience may be better equipped to handle the many challenges presented throughout their medical career and less likely to experience burnout even in the COVID era.

### **LEARNING OBJECTIVES**

- Describe a framework for understanding the role of individual factors related to burnout.
- Review simple, evidence-based solutions to enhance your individual resilience and to mitigate stress while practicing medicine.
- Identify action steps, tools, and resources within positive psychology to help you to further improve well-being.

### **PRESENTED BY**

**Amy Ahlfeld, MD**

**Amy Ahlfeld, PsyD** is the Immediate Past Chair of Division 1 (Clinical and Professional Practice) of the California Psychological Association (CPA), Past President of the Sacramento Valley Psychological Association, and Former Government Affairs Steering Committee Chairperson for CPA. Currently she is a Clinical Psychologist and Resiliency Consultant for the Sierra Sacramento Valley Medical Society.



### **REGISTRATION**

Register online by visiting <https://bit.ly/2Vld06R>

For more information about the program, please contact Griffin Rogers, SCMS-NCMS Director, by calling 707-255-3622 or emailing [exec@ncms.com](mailto:exec@ncms.com).