

RESPONDING TO THE OPIATE EPIDEMIC

Sustainability & Shouldering each other up

with Vikki Reynolds, PhD.

- ★ UNPAID TRAINING UNLESS AUTHORIZED BY YOUR MANAGER
- ★ FINDING YOUR OWN COVERAGE IS REQUIRED
- ★ PLEASE RVSP : NIKOLASL@PHS.CA

TUESDAY, SEPTEMBER 19TH
10AM-5PM

WOODWARDS SKYROOM

Lunch will be provided

In this experiential workshop we'll address:

- Understandings of "Trauma" and behaviours: intrusion / hyperarousal / avoidance
- Self regulation and co-regulation
- Resident-centered ways of understanding burnout and vicarious trauma
- Relations of respect and dignity between staff as a resource against burnout
- Responding to death: differentiating tragic death from death as part of life
- A frame for Debriefing and commitments to collective care
- Strategies for sustainability: Resistance, resilience and "Traumatic Growth"
- Connections on the "practice as research" we are creating