



**RSS Activity Name:** Goldberg Center Professional Development Sessions  
**Activity Code:** 870757

## **Session Title: What fills and drains your Bucket of Resiliency**

**Speaker(s) Name:** Viktoriya Karakcheyeva, MD, MS, NCC, LCPC-SP, LCADS  
Behavioral Health Director, GW Resiliency and Well-Being Center

**Session Date: 11/15/2023**

**Time/Location: 11 AM,  
Virtual**

### **3 Learning Objectives:**

- 1) Learn about the concept of the Stress Bucket developed by Professor Brabban and Dr. Turkington
- 2) Understand what window of stress tolerance is and how to increase it
- 3) Develop coping skills that would help them effectively cope with stressors, gain more resiliency, energy, motivation, and engagement with who they are and what they love to do.

### **Target Audience:**

Primary Care Providers

[Text code **NEQZUH** to 703-260-9391]

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of Virginia (MSV) through the joint providership of Inova Office of Continuing Medical Education and Children's National Medical Center. The Inova Office Continuing Medical Education is accredited by the Medical Society of Virginia to sponsor continuing education for physicians.

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