



Children's National™

Children's National DC Mother-Baby Wellness Perinatal Mental Health Training Series

Boundaries. Burnout. Betrayal. & Resilience as Resistance: Avoiding the “Groopification” of Self-care, Identifying your Values, Creating Communities of Care & Generating True Resilience from Social Supports.

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Wednesday, March 13, 2024

12:00pm – 1:00pm

Zoom - Register in Advance

[Webinar Registration - Zoom](#)

Learning Objectives

- **Understanding the Evolution of Self-Care:** Participants will explore the historical context and evolution of self-care, delving into its misconceptions and the Four Pillars of Real Self-Care by Pooja Lakshmin, to recognize the foundations and principles behind genuine self-care practices.
- **Identifying Risks and Building Resilience in Healthcare Professions:** Attendees will analyze the clinical triad of burnout, encompassing the vulnerabilities of nurses, therapists, and health providers to burnout, secondary trauma, compassion fatigue, and vicarious trauma. We will explore strategies to counter these challenges, emphasizing rest as resilience, coping with ambiguous loss, and the significance of unresolved mourning.
- **Transitioning from Individual to Collective Care:** Participants will examine the shift from individual self-care to fostering communities of care. They will explore the misconceptions surrounding modern self-care, the value of developing communities of care, and the benefits of companies, hospitals, and non-profits that prioritize understanding human capital. Additionally, we will delve into the importance of “stay interviews” and their role in organizational growth, to compliment the more common “exit interviews”.

Target Audience

Obstetricians, midwives, nurses, medical assistants, lactation specialists, social workers, therapists, counselors, psychologists, psychiatrists, or anyone else caring for or working with pregnant or postpartum individuals.

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 provide continuing education for physicians.

Credit Designation: The Inova Office of Continuing Medical Education designates this live educational activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Physicians may claim up to 1.0 credit in Type 1 CME on the Virginia Board of Medicine Continued Competency and Assessment Form required for renewal of an active medical license in Virginia.



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