



## **Course: crucial techniques and strategies to build resilience in our patients**

**Address:** <https://asadis.net/en/course/how-to-build-resilience-in-our-patients/>

**Duration:** 2h30

**Type of course:** continuing education

**Location:** online course

**Individual price:** \$96.00

### **Overview:**

Behind any request for therapy, often unbeknownst to them, patients are asking for help to increase their resilience. When resilience is suboptimal, the mastery of strategies acquired in therapy and long-term changes are more difficult to achieve, and relapse is more probable. In this workshop, Dr. Munoz explains how to conceptualize resilience and explains how you can reinforce your patients' strengths while creating an in-session environment where resilience can be practiced. She also presents concrete strategies to support and increase your patients' resilience by practicing a growth mindset, counteracting cognitive biases, developing a healthy relationship with emotions, bringing physical arousal into the resilience zone, and developing and practicing powerful habits that support long-term resilience. Ultimately, this workshop will enable you to help your patients thrive even when faced with adversity.

### **Learning objectives:**

1. Define and conceptualise what resilience is.
2. Understand that resilience can be fostered with all patients regardless of their mental health issues.
3. Apply specific cognitive, emotional, physical and behavioral strategies to increase resilience.

### **Learning material:**

This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

**Audience:** This training is intended for mental health professionals.

### **The expert, Dr. Valentina Munoz**

Dr. Valentina Munoz has been a practicing clinical psychologist for over 15 years. She holds a PhD in clinical and research psychology from the University of Montreal, Canada. She specializes in cognitive behavioural therapy (CBT) to treat anxiety disorders in adults. She also worked at the Douglas Mental Health University Institute for many years, where she treated patients suffering from severe anxiety disorders with various co-morbid mental and social conditions, supervised doctoral interns, and served as co-leader for the Clinical Supervision Psychology Committee. She currently has a private practice and offers training, including to the general public, to other mental health professionals, and in corporate settings. Her workshops, articles, and appearances in the media usually touch upon topics such as resilience, anxiety disorders, and stress management.

### **Syllabus**

Powerpoint

Presentation

#### Building a strong foundation

Definition & control

Healthy habits to strengthen resilience

Knowing your patient's strenghts to benefit resilience

Doing is key

#### The ABC model as a framework to implement strategies that increase resilience

ABC components

ABC concrete exercises

#### Engaging a resilient mindset

Growth and fixed mindsets

Impact and Miswanting biases

Biases counter strategies

Mindfulness & mindset takeaways

#### Coping with emotions

Emotion foundations & white polar bear exercise

Emotional avoidance & lack of permanence

Positive emotional states and happiness

Normalization of emotions

Desensitization of emotions and takeaways

#### Optimal physiological arousal for resiliency: The resilient zone

The Trauma resiliency model (TRM)

The five skills of the TRM and physical takeaways

#### Power habits to increase resilience

Social connections, reference points and savoring

Gratitude, kindness, experiential activities and resetting the adaptation bias

Behavioral takeaways

Bibliography