



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 conceptualize what resilience is
2. Understand how resilience can be fostered with patients presenting various 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 is a clinical psychologist specialized in cognitive-behavioral therapy (CBT) for treating anxiety and stress related issues in adults. She received her PhD in clinical and research psychology from Université de Montréal, Canada in 2005. With almost two decades in private practice, Dr. Munoz offers psychotherapy and workshops tailored to the general public and mental health professionals. Her practice focuses on topics such as: anxiety disorders, burnout prevention, resilience and stress management. Dr. Munoz worked at the Douglas Mental Health University Institute for 10 years. In her tenure, she treated people suffering from severe anxiety disorders with various co-morbid mental and social issues and supervised PhD psychology interns. For many years, she was also an external resource for the Canadian Armed Forces, treating veterans suffering from PTSD. Valentina Munoz is a licensed member of the Ordre des Psychologues du Québec and speaks French, English and Spanish.

Syllabus

PowerPoint

Presentation

Building a strong foundation

Definition & control

Healthy habits to strengthen resilience

Knowing your patient's strengths 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