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, psychologist, is a clinical psychologist specializing in cognitive-behavioral therapy (CBT) for treating anxiety and stress-related issues in adults. She earned her PhD in clinical and research psychology from Université de Montréal, Canada, in 2005.

With extensive experience in private practice, Dr. Munoz provides psychotherapy and offers workshops for both the general public and mental health professionals. Her work focuses on anxiety disorders, burnout prevention, resilience, and stress management.

Dr. Munoz spent 10 years at the Douglas Mental Health University Institute, where she treated individuals with severe anxiety disorders and complex co-occurring issues, while also supervising PhD psychology interns. She has also served for many years as an external resource for the Canadian Armed Forces, supporting veterans coping with PTSD.

Valentina Munoz is a licensed member of the Ordre des Psychologues du Québec and is fluent in French, English, and Spanish.

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

Evaluation:

To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.

In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.

These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*