Self Care in the Time of COVID

SESSION OBJECTIVES

Following this knowledge-based program, participants should be able to:

- Challenge attendees on the "Trifecta of Suffering" or the layers of difficulty during this time.
- Describe the disparity of negative consequences by race and the challenges of racism.
- Identify burnout as well as the consequences.
- Explain the most efficient way to complete the stress cycle and learn the importance of self-compassion and grace.
- Outline the concept of wellness that is around action, doing and moving through the cycles of stress and safety.

Janie L. Howsare, LICSW, MPA, CEAP
Director, WVU Faculty and Staff Assistance Program
Certified Employee Assistance Professional
Associate Professor
WVU Department of Behavioral Medicine and Psychiatry
West Virginia University, Morgantown, WV

Wednesday, March 3, 2021, 12:00 noon to 1:00 pm
Via the Zoom platform

CONTINUING EDUCATION INFORMATION

The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This continuing education activity has been provided by the WVU School of Nursing for 1.2 contact hours. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule #19CSR11-4 under provider number 50-26086.

The WVU School of Dentistry is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry.

The WVU School of Dentistry designates this activity for 1 continuing education credits.

Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at ADA.org/CERP.

Participants are cautioned about the potential risk of using limited knowledge when incorporating new techniques and procedures into their practices.