

WVU Health Sciences Center Faculty Development Program  
**Faculty Development Presentation via Zoom**

## Self Care in the Time of COVID

### REGISTRATION INFORMATION

ALL WVU FACULTY are invited to contact the Faculty Development office  
[HSCFacultyDevelopment@hsc.wvu.edu](mailto:HSCFacultyDevelopment@hsc.wvu.edu) to register before noon on Monday, March 1, 2021.

Registration is required. Please do not share the Zoom access information. Attendees will be admitted via a waiting room.

### SERIES OBJECTIVE

Following this series, participants should be able to:

- Achieve maximum potential in teaching, research and service.
- Thrive and succeed as faculty.
- Perform duties as educators.
- Better train healthcare professionals.

There are no fees associated with this presentation.

### 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.

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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](http://ADA.org/CERP).

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