

CHILDREN'S HOSPITAL COLORADO PRESENTS

# Virtual Education Series: Compassion without Fatigue: Building Resiliency in Healthcare

Thursday, November 18, 2021 • 12 to 1 p.m.

Teleconference (Zoom link sent with registration)

## Overview, Target Audience and Learner Outcome

This activity is for the interdisciplinary healthcare team and is an invitation for care givers to pause and reconnect with themselves. It offers time for each participant to reflect on their own experience and stories to take the invisible challenges of healthcare and make them visible. This session will offer a path that uses theory guided practice to both honor these experiences and offer new ways of thinking and being that contribute to their own wholeness so they can continue to heal others. As a result of this activity, learners will be able to self-report new knowledge related to building resiliency practices in healthcare.

## Objectives

- Describe symptoms of burnout, second victim and compassion fatigue
- Discuss four elements of resiliency to increase capacity to flourish as healthcare providers
- Describe how self-compassion and connection to purpose can promote resiliency for healthcare providers

## Faculty from Children's Hospital Colorado / University of Colorado

Chris Griffin, PhD, RN, NPD-BC, CPN  
Caritas Coach, Master HeartMath Trainer  
Professional Development Specialist  
Children's Hospital Colorado

## Continuing Education Credit

Registration, attendance, sign-in and submission of the evaluation, including a written response to questions related to any change in practice that you may make as a result of learning that took place at this program, are required for successful completion and receipt of the certificate of attendance. Claim only those hours you attend.

## Medical

Children's Hospital Colorado is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Children's Hospital Colorado designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Nursing

Children's Hospital Colorado is approved as a provider of nursing continuing professional development by Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational offering for 1 nursing contact hour is provided by Children's Hospital Colorado.

## EMS

Children's Hospital Colorado is an approved provider of EMS continuing education through the Colorado Department of Public Health and Environment, Health Facilities and Emergency Medical Services Division. Children's Hospital Colorado is EMS Training Group #EO49. This education offering is good for 1 CE hour.

**Disclosures** Planners and faculty in control of content have no relevant financial relationships with ineligible companies.

## Registration and Contact Information

There is no registration fee for this event. Please register here: [November VES](#)

For further information, contact [nicole.shonka@childrenscolorado.org](mailto:nicole.shonka@childrenscolorado.org).



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