



LIVE HYBRID ACTIVITY

11th Annual Kali Whittle Resiliency Conference

Friday, August 22, 2025

Children's Hospital Colorado | Anschutz Medical Campus | Medical Conference and Education Center and via Zoom

In-person event with virtual options

50 Vitality Points per Session

Provided by

Children's Hospital Colorado, Kali Whittle Conference Planning Committee



Children's Hospital Colorado



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University of Colorado
Anschutz Medical Campus

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11th Annual Kali Whittle Resiliency Conference

Overview, Target Audience, and Learner Outcome

Healthcare is fast paced, demanding, continually changing and tightly regulated. This combination of factors creates an environment that may lead to burn out, moral distress, compassion fatigue, secondary trauma, anxiety and decreased personal satisfaction. This conference brings together experts to support team members by creating opportunities and providing tools to find peace and healing in the midst of caring for others. Learners will report increased knowledge of accessibility and availability of resources to support themselves and others after taking part in this event.

Agenda

Friday, August 22, 2025

8:00 a.m. - Kick off your day with in-person mindful moments.

Yoga at Anschutz Medical Campus (AMC) on the Terrace outside on southwest corner of hospital for all levels. Bring a yoga mat or towel to participate.

Organized walks at North Campus with Pringle, South Campus, and Colorado Springs Campus with Salida. Team members can meet at the main entrances at 7:55 a.m.

Time	Main Sessions
8:50 a.m.	Welcome Mt. Oxford Livestream Virtual
9:00	The Care Revolution: When Healthcare Teams Dance Together <i>Tara Rynders, MFA, BSN, RN, BA</i> Join Tara “the dancing nurse” Rynders for an unexpected journey into joy, movement, and the radical power of human connection in healthcare. Discover how small moments of play might just be the secret to transforming healthcare from the inside out. This isn’t your typical keynote – come ready to move, laugh, and remember why you chose a life of caring for others. Mt. Oxford Livestream Virtual
10:10	Don’t Panic When There’s Panic: Tools for Regulation <i>Kaitlin Vieweg Parker, PsyD</i> Working in healthcare requires many quick pivots and quick de-escalations with patients and their families, but what about for healthcare staff? This presentation will dive into quick techniques to regulate nervous systems and thoughts after acutely stressful situations to help staff proactively cope through distress. Mts. Yale and Princeton Livestream Virtual
11:10	Healing Beyond Survival: Post Traumatic Growth in Healthcare <i>Lauren Eckhart, PsyD, Evadine Codd, PhD, & Mary Waguespack, MPS</i> No matter our role, working in pediatric healthcare brings with it exposure to traumatic events. While these moments can be distressing, they also help foster post traumatic growth. Join us in exploring post traumatic growth and how it shows up in healthcare settings. Mts. Yale and Princeton Livestream Virtual
12:10 p.m.	Lunchtime Schwartz Rounds: Still Here, Still Inspired — Because Here, It’s Different <i>*Schwartz Rounds credit provided separately. To claim credit, register in Cornerstone and complete the evaluation within 14 days.</i> Mt. Oxford Livestream Virtual

Time	Main Session – In-person only at AMC	Time	Concurrent Sessions
1:10	Workshop: Tea in the Milky Way: A Cosmic Care Revolution <i>Tara Rynders, MFA, BSN, RN, BA</i> Step into an otherworldly experience where space suits meet teacups, and professional barriers dissolve. In this immersive workshop, we'll use dance, imagination, and yes - an intergalactic tea party - to rediscover the joy of human connection and remind ourselves that the most powerful healing often happens when we dare to be delightfully different. Mts. Yale and Princeton	1:10	Grief Brief <i>Sara Reynolds, MDiv, BCC</i> In this presentation, participants will learn the general information to help them build a basic foundation for grief knowledge and education. We will explore different theories and terms, and participants will be invited to explore their own experience with grief through brief small group discussion. Mt. Columbia Livestream Virtual
		2:10	Perfectionism: A Perfect Problem <i>Erika Croswhite, MA, CCLS</i> Let's discuss how perfectionism may get in the way of good work, the expectations we have for ourselves and others, and reflecting on "the good enough". Mt. Columbia Livestream Virtual
3:10	Beyond the Applause: A Story You Keep <i>Ramón Guitart, LPC, RDT</i> A reflective drama therapeutic space for healthcare workers to reconnect with the stories that live beneath the role. Mts. Yale and Princeton	3:10	Notes to Self: Virtual Closing Reflection <i>Jennifer Harr, MSN, RN, CPN, AEC</i> This reflective closing session engages virtual participants in guided creative writing exercises, integrating past, present, and future to foster personal insight. Designed to be inclusive and accessible to all kinds of writers, the workshop provides a meaningful opportunity to synthesize the day's experiences and articulate aspirations for the year ahead. Livestream Virtual
Main Session			
4:00	Wrap up and Evaluation		
4:15	Adjourn		

How to Participate

In-person Learners

All sessions will be held at Anschutz Medical Campus (AMC) in the Children's Hospital Colorado Medical Conference and Education Center on the 2nd floor.

Main sessions will be livestreamed for in-person participation in the following conference rooms:

- North Campus – Acorn
- South Campus – Mississippi
- Southeast Aurora – Smoky Hill
- Briargate – Louisiana
- Colorado Springs Hospital – 4th Floor Classroom

Virtual Learners

Zoom Link: <https://us06web.zoom.us/j/84416406545>

The concurrent sessions “*Tea in the Milky Way: A Cosmic Care Revolution*” with Tara Rynders and “*Beyond the Applause: A Story You Keep*” with Ramón Guitart, will be in-person only at AMC. Space for these sessions is limited.

3:10 p.m. Concurrent Virtual and Livestream Session Update

If you originally signed up for “Beyond the Applause: A Story You Keep with Ramón Guitart” at 3:10 p.m., please note that this session has been changed to in-person only on the Anschutz Medical Campus.

As an alternative and in response to your feedback, we’ve added a new in-person livestream/virtual only session during that time: “Notes to Self: Virtual Closing Reflection” (3:10 p.m. – 4:00 p.m.)

You’ll use the same Zoom link (the one above) for this session as you have for the others.

Mark Your Attendance for Vitality Points and CE Credit

To receive Vitality Points and continuing education (CE) credit for nursing, please scan the QR code or click the [hyperlink](#) provided to complete the attendance survey. You may complete this at the end of the day by selecting the sessions you attended.



Continuing Education Credit

Registration, attendance, and completion of an evaluation are required for successful participation and to collect a certificate of attendance. Claim only the hours you participate.

Children’s Hospital Colorado is approved with distinction 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 program for up to 6.25 contact hours* is provided by Children’s Hospital Colorado.

Schwartz Rounds credit provided separately. To claim credit, register in **Cornerstone and complete the evaluation within 14 days. Total credits without Schwarts for the activity will be 5.25 contact hours.*

After your attendance has been marked, an email will be sent from Children’s Hospital Colorado Continuing Education with a link to the course evaluation. The evaluation must be completed by **September 5, 2025**, to receive CE credit.

A general certificate of attendance will be available for participants in other roles.

Thank you

Special acknowledgements to:

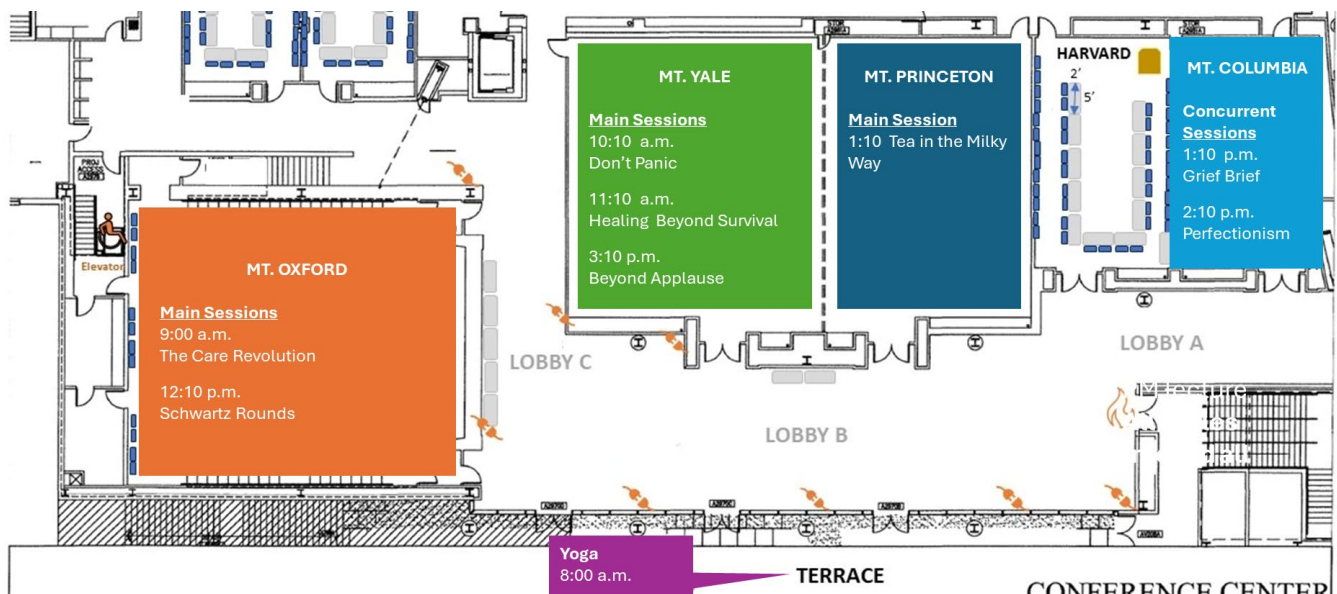
Kali Whittle Family and the Conference Planning Committee

We gratefully acknowledge the generous financial support from the Kali Whittle endowment fund that allows for healthcare providers to learn creative and practical tools to find peace and healing in the midst of caring for others.

We are thankful for the members of the Kali Whittle planning committee and all the event presenters who dedicate their time and talents to support and enhance the physical, mental, emotional and spiritual health of Children’s Hospital Colorado team members.

For more information about Team Member Resilience and Well-being, please email resiliency@childrenscolorado.org.

Map of In-Person Sessions at AMC





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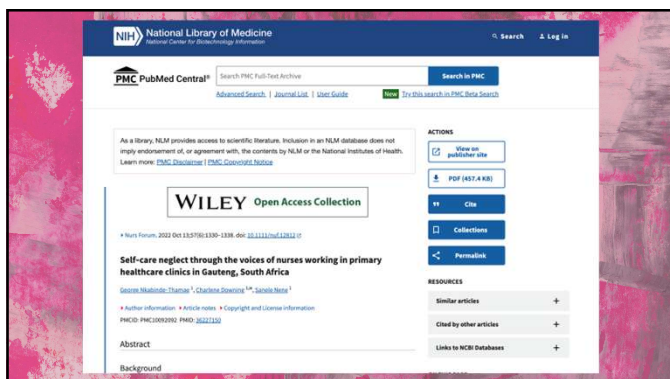
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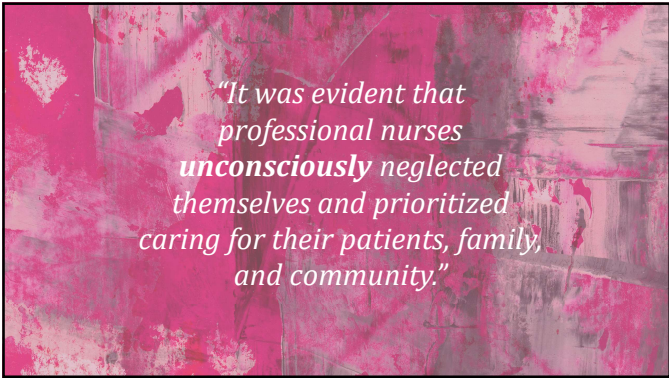
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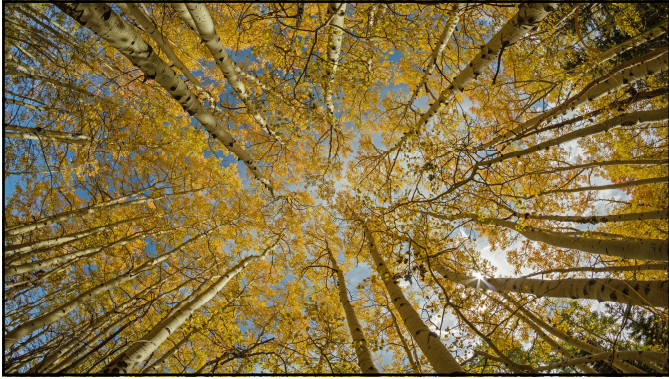
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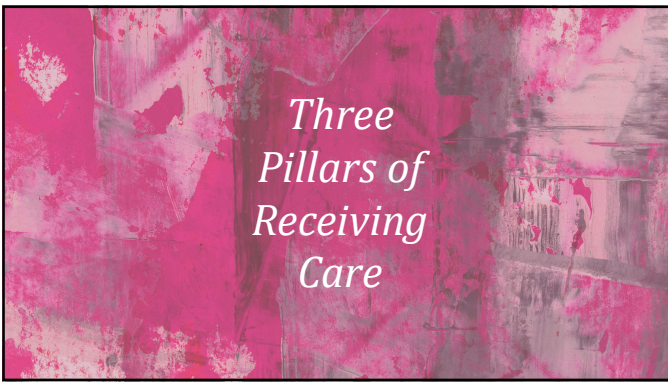
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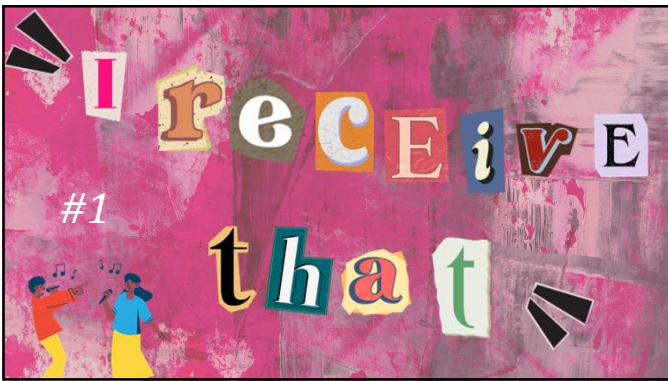
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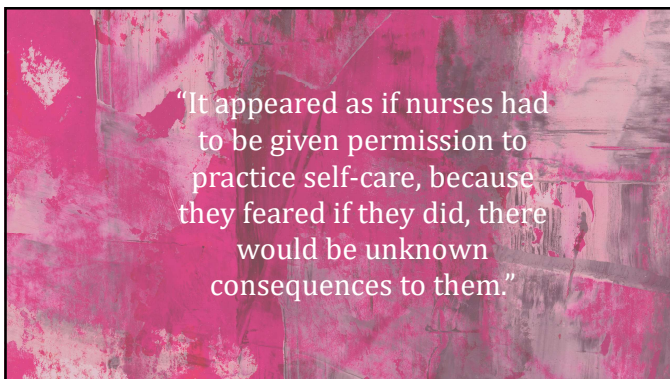
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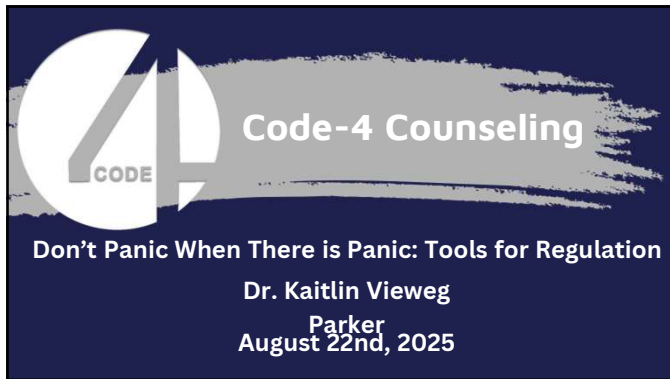
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- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10092092/#:~:text=3.2.,neglected%20their%20own%20well%E2%80%99being.>
- <http://content.a-b-c.com/emailattachments/ANA/2013-ANA-Inspired-Care-Infographic-2.pdf>
- <https://www.stress.org/military/for-practitioners/leaders/compassion-fatigue/>
- https://www.daisyfoundation.org/system/files/DAISY-CHCM%20White%20Paper_0.pdf
- <https://www.americanmobile.com/nursezone/nursing-news/new-survey-finds-high-rate-of-nurse-fatigue/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4554995/>
- <https://www.americanmobile.com/nursezone/nursing-news/new-survey-finds-high-rate-of-nurse-fatigue/#sthash.5Rso1yvn.dpuf>
- <https://www.nursingworld.org/practice-policy/work-environment/health-safety/healthy-nurse-healthy-nation/>
- <https://journals.sagepub.com/doi/full/10.1177/1049732317737980>
- <https://www.psychologytoday.com/us/blog/culturally-speaking/201112/colorblind-ideology-is-form-racism>
- <https://www.scienceofpeople.com/burnout/#:~:text=%20Neuroscientists%20discovered%20that%20burnout%20has%20the%20following,brain%20that%20control%20memory%20and%20attention...%20More%20>
- <https://www.bustle.com/p/what-burnout-does-to-your-brain-according-to-expert-19441395>
- <https://www.rasmussen.edu/degrees/nursing/blog/nursing-burnout-why-it-happens-and-what-to-do-about-it/#:~:text=Burnout%20can%20lead%20to%20dulled%20emotions%20and%20detachment,also%20cascades%20on%20the%20patients%20they%20care%20for>
- <https://www.pbs.org/wgbh/nova/article/racism-stress-covid-allostatic-load/>

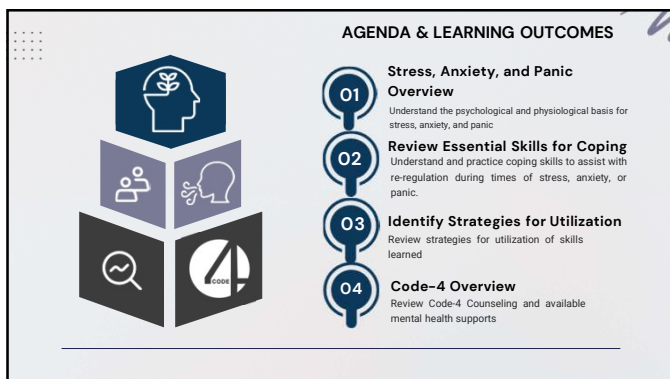
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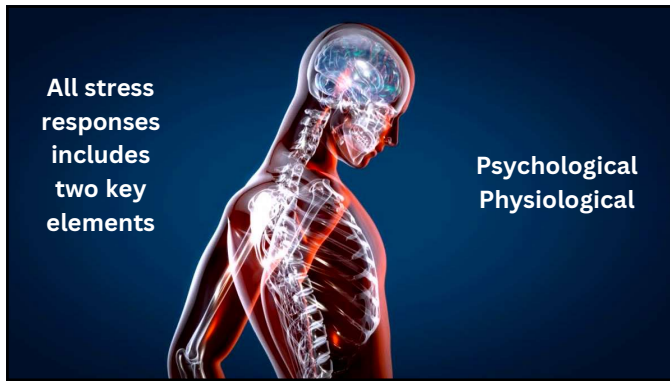
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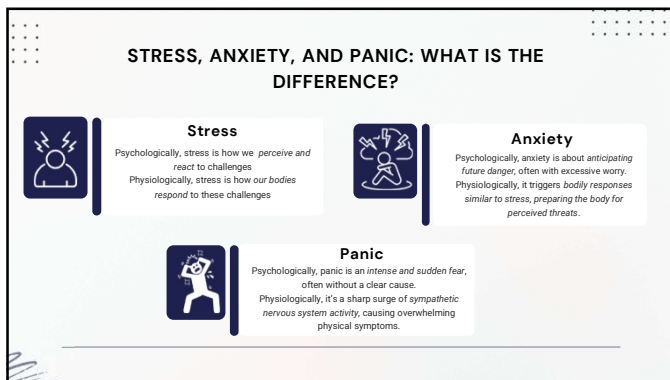
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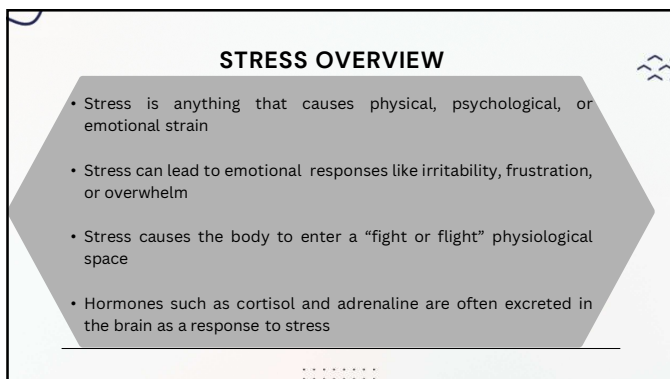
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6

ANXIETY OVERVIEW

- Anxiety can be classified as either generalized or as a phobia
- Generalized Anxiety: Excessive worry or nervousness in multiple areas of life such as work, school, relationships, health, or finances.
- Phobia: A very intense fear of a specific object or situation, which is out of proportion to the actual threat level. For examples, spiders!

7

Symptoms of Anxiety

Worry
Excessive nervousness
Poor concentration
Increased heart rate
Sleep problems
Upset stomach
Muscle Tension
Avoidance of fear

8

PANIC OVERVIEW

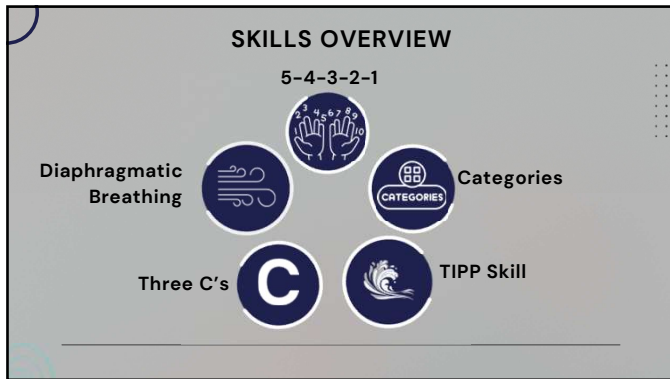
Definition of Panic Attacks

Panic is an extreme anxious response where a person experiences a panic attack.

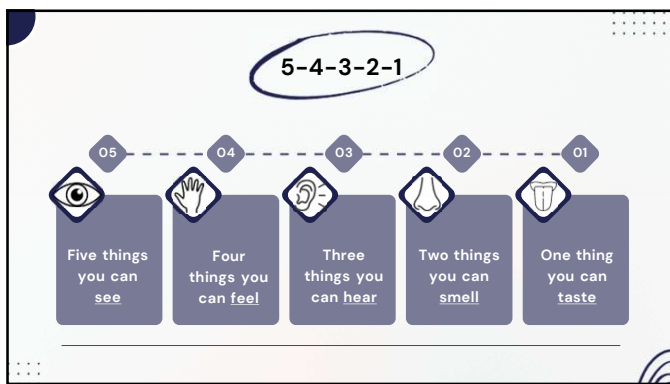
Symptoms of Panic Attacks

Pounding or racing heart
Sweating
Trembling or shaking
Fear of being or going "crazy"
Feeling detached from reality
Difficulty breathing
Sense of terror, doom, or impending death
Chest pain
Nausea
Fear of dying

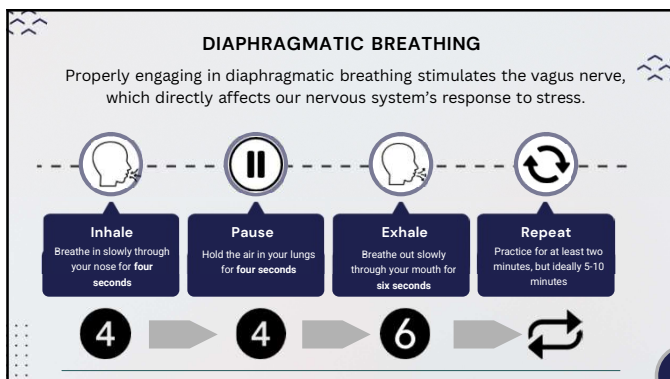
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12


CATEGORIES

01 


Movies

02 


Sports Teams

03 


Animals

04 

Cities

05 

Books


06 

Cars

Goal: Name as many items as you can in each category


13

THE THREE C'S
[CATCH IT, CHECK IT, CHANGE IT]

01 


Catch It

Catch that you are having a negative or unhelpful thought

02 

Check It

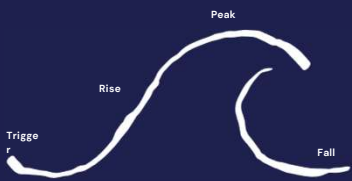
Ask:
Fact vs. Fiction?
Story vs. Reality?

03 

Change It




most of our thoughts aren't aligned with reality, so we need to change them to align more clearly with reality

14



TIP Skill

Temperature
Intense Physical Activity
Progressive Muscle Relaxation

15

Skill Utilization

The beauty about nearly every one of these skills is that you can be doing them... and no one would ever know...

Practice, practice, practice! You never know when you will need to use these, practice before it's a dire situation.

If you are teaching these to other people, help teach them how to use these in their day to day lives!

WAYS TO UTILIZE EVERY DAY:

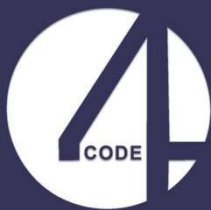
*Walking through the building
Using cold temperatures to wash their face in the bathroom
Sitting in the car or at a desk doing progressive muscle relaxation*

16

Questions?



17



Code-4 Counseling

info@code4counseling.com
(303) 351-2445

18

5 Domains of Post-Traumatic Growth

Personal Strength

SHIFT: Doubt (“Why”) towards optimism (“I Can”)	STRENGTH: Personal Strength	PARADOX: Vulnerability as Strength
Reflecting on the strength demonstrated through adversities and the acceptance of the inevitability of adversities in human life	<ul style="list-style-type: none"> • Greater feeling of self-reliance • Recognition of ability to handle challenges • Discovery of being stronger than you thought they were 	<ul style="list-style-type: none"> • “If I handled this, then I can handle just about anything” • “Big problems will either work out or not. Whichever way, you have to deal with it.”

Closer Relationships

SHIFT: Distance Towards Intimate	STRENGTH: Closer Relationships	PARADOX: Loss/distance in some relationships leads to abundance in others
Exploration of trauma happens within loving and caring relationships. These relationships are often deepened through more authentic sharing and communication	<ul style="list-style-type: none"> • More openness to count on people in times of trouble, and acceptance of needing others • More comfort with intimacy and vulnerability • Increased compassion for others who suffer • More effort into relationships 	<ul style="list-style-type: none"> • “I cherish my husband a lot more” • “You find out who your real friends are in a situation like this” • “I’ve become more empathetic towards anyone in pain or grieving”

Greater Appreciation for Life

SHIFT: Resentment (“Why me?”) towards gratitude (“I’m thankful”)	STRENGTH: Greater Appreciation for Life	PARADOX: What can break us open can also open us to more life
The uncontrollable and often irreversible nature of traumatic events creates upheaval survivors’ assumptions about the world, their place in it, and how they make sense of their lives	<ul style="list-style-type: none"> • Changed sense of priorities about what’s important • Increase importance of “little things” or things formerly taken for granted • Greater appreciation for value of own life, each day, relationships and what one still has 	<ul style="list-style-type: none"> • “Even the smallest joys in life took on a special meaning” • “Even seeing a child’s smile brings so much more joy to me now” • “Painful circumstances taught me the biggest lessons”

New Possibilities

SHIFT: Survivor (“I get by”) towards Thrivers (“I dream”)	STRENGTH: New Possibilities	PARADOX: Out of loss there can be gain
With recognition that some goals are no longer attainable, it’s possible for survivors to develop new goals and revise major components of their world in ways that acknowledge their changed circumstances	<ul style="list-style-type: none">• Recognition of new opportunities• Greater likelihood to change things that need changing• Willingness to explore opportunities (vocations, new interests)• Openness to new ways of living	<ul style="list-style-type: none">• “It changed every aspect of my life – physically, emotionally, and mentally”• “Compassion has opened up new doors to provide care and comfort to others”

Spiritual Development

SHIFT: Hopelessness (“No way”) towards Contentment (“I accept”)	STRENGTH: Spiritual Development	PARADOX: Out of spiritual doubt there can emerge a deeper faith
Period of questioning one’s beliefs because existential or spiritual issues have become more salient and less abstract	<ul style="list-style-type: none">• Life is experienced at a deeper level of awareness• Development of deeper sense of spirituality• Life beliefs and values tend to be more fully developed, satisfying, and meaningful	<ul style="list-style-type: none">• “I don’t know what I would do without my God now”• “We are not alone”• “My faith has led me to have faith in myself”

Healing Beyond Survival: Post-Traumatic Growth in Healthcare

Evadine Codd, PhD
Lauren Eckhart, PsyD
Mary Waguespack, MPS


Children's Hospital Colorado
AUGUST 22, 2025



1

What is Trauma?

- An event that overwhelms an individual's capacity to cope
- Traumatic experiences are
 - Overwhelming
 - Invoke intense negative affect
 - Involve a degree of loss of control or vulnerability

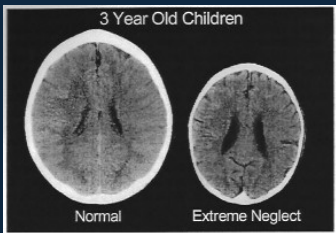


2

Trauma Changes the Brain

- The CT scan on the left is an image from a healthy three-year-old with an average head size (50th percentile).
- The image on the right is from a three-year-old child suffering from severe sensory-deprivation neglect.
- The child's brain is significantly smaller than average (3rd percentile) and has enlarged ventricles and cortical atrophy.

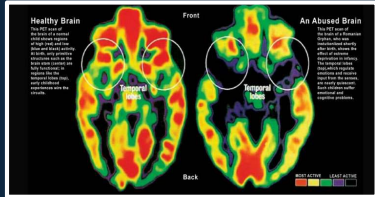
* Bruce Perry, "Childhood Experience and the Expression of Genetic Potential: What Childhood Neglect Tells Us About Nature and Nurture," Brain and Mind 3:79-100, 2002.



3

Trauma Changes the Brain

People who experience trauma possess brains that are disorganized and dysregulated which can explain why they perceive the world differently and why thinking consequentially and sequentially is challenging.



4

Resilience

Adapting, adjusting, and "bouncing back" in the face of adversity



5

Post-Traumatic Growth

"Experiencing positive transformation after trauma"

"People develop new understandings of themselves, the world they live in, how to relate to other people, the kind of future they might have, and a better understanding of how to live life"

-Richard Tedeschi

6

Resilience vs Post-Traumatic Growth

- Often used interchangeably but they are distinct concepts
- Resilience focuses on well-being and return to baseline after adversity
- Post-Traumatic Growth focuses on positive changes that occur because of adversity



7

Factors Leading to PTG

- Experience Sharing
- Social Support
- Flexible Coping Strategies
 - Problem-focused coping & avoidance coping



8

Post-Traumatic Growth



Strengths

Commonly developed strengths that emerge



Paradoxes of PTG

It's "Both/And" instead of "Either/Or"



The Shift

Psychological shift in how we see self, others, and the world

9

The Post Traumatic Growth Inventory

Statements

1. I changed my priorities about what is important in life.
2. I have a greater appreciation for the value of my own life.
3. I have developed new interests.
4. I have a greater feeling of self-reliance.
5. I have a better understanding of spiritual matters.
6. I more clearly see that I can count on people in times of trouble.
7. I established a new path for my life.
8. I have a greater sense of closeness with others.
9. I am more willing to express my emotions.
10. I know that I can handle difficulties.
11. I can do better things with my life.
12. I am better able to accept the way things work out.
13. I can better appreciate each day.
14. New opportunities are available which wouldn't have been otherwise.
15. I have more compassion for others.
16. I put more effort into my relationships.
17. I am more likely to try to change things that need changing.
18. I have stronger religious faith.
19. I discovered that I'm stronger than I thought I was.
20. I learned a great deal about how wonderful people are.
21. I better accept needing others.

Participants indicate their scores on a 6-point scale where:

- 0 implies - I did not experience this as a result of my crisis.
- 1 implies - I experienced this change to a very small degree as a result of my crisis.
- 2 implies - I experienced this change to a small degree as a result of my crisis.
- 3 implies - I experienced this change to a moderate degree as a result of my crisis.
- 4 implies - I experienced this change to a great degree as a result of my crisis.
- 5 implies - I experienced this change to a very great degree as a result of my crisis.

https://results.wa.gov/records/1164/Worksheet_Growth_Handout.pdf

10

Factor	Item Numbers
Personal Strength	4, 10, 12, 19
New Possibilities	3, 7, 11, 14, 17
Improved Relationships	6, 8, 9, 15, 16, 20, 21
Spiritual Growth	5, 18
Appreciation for Life	1, 2, 13

The Five Domains Of Post-Traumatic Growth

- 01 Personal Strength**
People come out stronger having been through a trauma with better clarity, skills, and strategies.
- 02 Relationships With Others**
Relationships are much deeper and highly satisfying.
- 03 Spiritual and Existential Change**
They re-evaluate what is truly important in life - and sacrifice within the world.
- 04 New Possibilities**
After people find strengths they never had before to change their lives in new and meaningful ways.
- 05 Appreciation For Life**
Finding pleasure and change our perspective, allowing us to cherish small moments and find joy in everyday experiences.

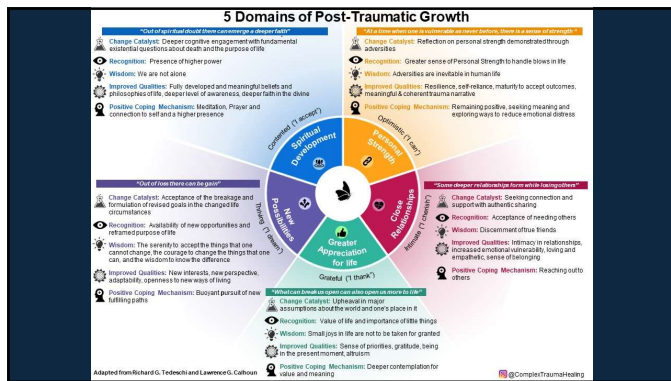
CentralOhioBehavioralMedicine.com

11

Reflection Questions

- What areas have I experienced growth?
What impact is that having on me?
- What areas do I score moderate or low?
What is contributing to my experience?
- What do I want to celebrate?
- What is one area I would like to make some adjustments so I can improve myself?

12



13

Small Group Discussion

- Think about a time when you experienced adversity/trauma
- Each group will be assigned one Domain
- Discuss the Paradox, Shift, and Strength associated with your assigned Domain

14

SHIFT: Doubt ("Why") towards optimism ("I Can")	STRENGTH: Personal Strength	PARADOX: Vulnerability as Strength
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17

SHIFT: Survivor ("I get by") towards Thriver ("I dream")	STRENGTH: New Possibilities	PARADOX: Out of loss there can be gain
With recognition that some goals are no longer attainable, it's possible for survivors to develop new goals and revise major components of their world in ways that acknowledge their changed circumstances	<ul style="list-style-type: none"> • Recognition of new opportunities • Greater likelihood to change things that need changing • Willingness to explore opportunities (vocations, new interests) • Openness to new ways of living 	<ul style="list-style-type: none"> • "It changed every aspect of my life – physically, emotionally, and mentally" • "Compassion has opened up new doors to provide care and comfort to others"

18

SHIFT: Hopelessness ("No way") towards Contentment ("I accept")	STRENGTH: Spiritual Development	PARADOX: Out of spiritual doubt there can emerge a deeper faith
Period of questioning one's beliefs because existential or spiritual issues have become more salient and less abstract	<ul style="list-style-type: none"> Life is experienced at a deeper level of awareness Development of deeper sense of spirituality Life beliefs and values tend to be more fully developed, satisfying, and meaningful 	<ul style="list-style-type: none"> "I don't know what I would do without my God now" "We are not alone" "My faith has led me to have faith in myself"

19

Healing Strategies- Body



20

Healing Strategies- Mind

"Trauma is not what happens to us, but what we hold inside in the absence of an empathetic witness." - Dr. Bessel van der Kolk

21

Healing Strategies - Connection



22

**TRAUMA CREATES CHANGE
YOU DON'T CHOOSE.
HEALING IS ABOUT CREATING
CHANGE YOU DO CHOOSE.**

- Michelle Rosenthal



CTIPP.org
#TransformTrauma
#HOPEisNEAR



23

Good resources and graphics

- <https://complextraumahealing.wordpress.com/2019/04/08/5-domains-of-post-traumatic-growth/>
- <https://questpsychologyservices.co.uk/ptsd-and-post-traumatic-growth/>
- <https://www.apa.org/news/podcasts/speaking-of-psychology/transformation-trauma>
- <https://iscainfo.com/post-traumatic-growth-ptg-using-ptg-theory-to-support-students-during-the-coronavirus-pandemic/>



24

Post Traumatic Growth Inventory

Client Name: _____ Today's Date: _____

Indicate for each of the statements below the degree to which this change occurred in your life as a result of the crisis/disaster, using the following scale.

- 0 = I did not experience this change as a result of my crisis.*
1 = I experienced this change to a very small degree as a result of my crisis.
2 = I experienced this change to a small degree as a result of my crisis.
3 = I experienced this change to a moderate degree as a result of my crisis.
4 = I experienced this change to a great degree as a result of my crisis.
5 = I experienced this change to a very great degree as a result of my crisis.

Possible Areas of Growth and Change	0	1	2	3	4	5
1. I changed my priorities about what is important in life.						
2. I have a greater appreciation for the value of my own life.						
3. I developed new interests.						
4. I have a greater feeling of self-reliance.						
5. I have a better understanding of spiritual matters.						
6. I more clearly see that I can count on people in times of trouble. Text						
7. I established a new path for my life.						
8. I have a greater sense of closeness with others.						
9. I am more willing to express my emotions.						
10. I know better that I can handle difficulties.						
11. I am able to do better things with my life.						
12. I am better able to accept the way things work out.						
13. I can better appreciate each day.						
14. New opportunities are available which wouldn't have been otherwise.						
15. I have more compassion for others.						
16. I put more effort into my relationships.						
17. I am more likely to try to change things which need changing.						
18. I have a stronger religious faith.						
19. I discovered that I'm stronger than I thought I was.						
20. I learned a great deal about how wonderful people are.						
21. I better accept needing others.						

Post Traumatic Growth Inventory Scoring

The Post Traumatic Growth Inventory (PTGI) is scored by adding all the responses. Individual factors are scored by adding responses to items on each factor. Factors are indicated by the Roman numerals after each item below. Items to which factors belong are not listed on the form administered to clients.

PTGI Factors

Factor I: Relating to Others
Factor II: New Possibilities
Factor III: Personal Strength
Factor IV: Spiritual Change
Factor V: Appreciation of Life

1. I changed my priorities about what is important in life. (V)
2. I have a greater appreciation for the value of my own life. (V)
3. I developed new interests. (II)
4. I have a greater feeling of self-reliance. (III)
5. I have a better understanding of spiritual matters. (IV)
6. I more clearly see that I can count on people in times of trouble. (I)
7. I established a new path for my life. (II)
8. I have a greater sense of closeness with others. (I)
9. I am more willing to express my emotions. (I)
10. I know better that I can handle difficulties. (III)
11. I am able to do better things with my life. (II)
12. I am better able to accept the way things work out. (III)
13. I can better appreciate each day. (V)
14. New opportunities are available which wouldn't have been otherwise. (II)
15. I have more compassion for others. (I)
16. I put more effort into my relationships. (I)
17. I am more likely to try to change things which need changing. (II)
18. I have a stronger religious faith. (IV)
19. I discovered that I'm stronger than I thought I was. (III)
20. I learned a great deal about how wonderful people are. (I)
21. I better accept needing others. (I)

PTGI References of Potential Interest

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In Reciprocation

There is no charge for the PTGI, and there is no charge for the reproduction of the scale for use in research. In reciprocation, we would like you to send us a gratis copy of any manuscripts, theses, dissertations, research reports, preprints, and publications you prepare in which our materials, or any version of them, is used. Both L. G. Calhoun and R. G. Tedeschi can be contacted at: Department of Psychology - UNC Charlotte - Charlotte, NC 28223 USA.



1



2

STAGES OF GRIEF?

- Kubler Ross's stages of grief were never meant to describe the grieving process after someone has died.
- They were originally proposed to help people who were grappling with and grieving the end of their own life.
- Grief is not linear
- Grief is different for every individual

A diagram titled "STAGES OF GRIEF" showing a U-shaped curve with labels for "Denial", "Anger", "Bargaining", "Depression", and "Acceptance". To its right is a chaotic, tangled line drawing titled "My experience" representing a non-linear grief process.

3

Bereavement Theory: Worden's Four Tasks of Grief

- Task 1: Accepting the reality of the loss (simple and complex)
- Task 2: Working through the pain of grief
- Task 3: Adjusting to an environment in which the deceased is missing
- Task 4: Finding an enduring connection with the deceased while embarking on a new life

4

"GRIEF I'VE LEARNED, IS REALLY JUST LOVE. IT'S ALL THE LOVE YOU WANT TO GIVE BUT CANNOT. ALL THAT UNSPENT LOVE GATHERS IN THE CORNERS OF YOUR EYES, THE LUMP IN YOUR THROAT, AND IN THAT HOLLOW PART OF YOUR CHEST. GRIEF IS JUST LOVE WITH NO PLACE TO GO."

Jamie Anderson

5

WHAT IS THE FIRST EXPERIENCE YOU HAVE WITH GRIEF THAT YOU CAN REMEMBER?

- What sticks out about this experience?
- What do you still carry with you from this experience?
- What messages did you receive about grief at the time?
 - Were you allowed to talk about it?
 - What rituals or practices did you partake in?

6

GRIEF TERMS


Cumulative or Compounded Grief:
The experience of grieving multiple losses over time; the emotional impact layers on top of one another.

Comparative Grief:
The act/experience of comparing your grief experience with another person's grief experience


Collective Grief:
The grief experienced by a group of people who have experienced a shared loss.

Anticipatory Grief:
The feeling or experience of the grief process that happens before an impending loss.

Disenfranchised Grief:
Grief that is general not openly acknowledged, socially accepted, or publicly mourned.



7



THINK BACK TO YOUR FIRST GRIEF EXPERIENCE AGAIN. (OR CHOOSE YOUR MOST RECENT GRIEF EXPERIENCE TO REFLECT ON.)

- List every feeling you can think of that you felt in relation to this experience.
- Take some time as a group to notice themes, commonalities, and differences.

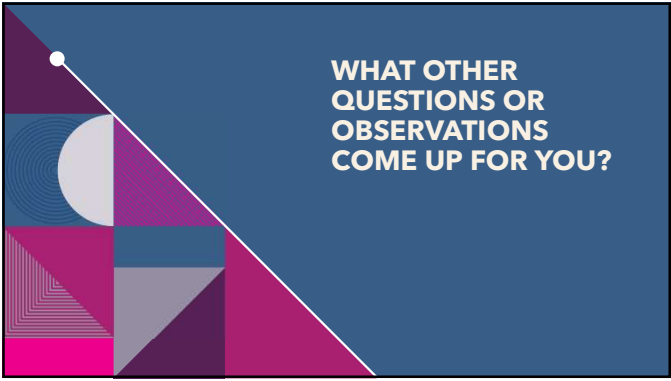
8



"I SAT WITH MY ANGER LONG ENOUGH UNTIL SHE TOLD ME HER NAME WAS GRIEF."

C. S. Lewis

9



10

Perfectionism: A Perfect Problem

Erika Croswhite, MA, CCLS
Child Life Manager, CHCO
Senior Vital Hearts Trainer, Denver, CO
Clinical Mental Health Counselor- In-training

1

Agenda

- Perfectionism Research
- The Perfectionist Cycle
- Accepting the “Good Enough”
- Small Group Exercise

2

Perfectionism Research

- Broadly defined as a tendency to set unrealistically high standards of performance characterized by biased and over critical evaluations of the self and others
- Increased interest in perfectionism research
- Various labels of perfectionism
 - Normal vs neurotic
 - Conscientious vs self-evaluative
 - Personal standards vs self-critical
 - Functional vs dysfunctional
 - Healthy vs unhealthy
 - Adaptive vs maladaptive
 - Active vs passive
 - Positive vs negative
 - Failure avoidant vs excellence striving

(Harari et al., 2018;
Ocampo et al., 2019)

3

Perfectionism Research

- Perfectionism research reflects psychoanalytic underpinnings & the comprehensive analysis of personality traits
- Perfectionism is multidimensional, complex, and personal
- It strives for flawlessness and is often accompanied by negative self-evaluations
- Preoccupied with avoiding failure
- Impacts emotions, cognition, behaviors, and physical health
- Marked by a predisposition to set unrealistic goals
- Perfectionistic strivings or concerns are exhibited differently among workers
- Implications are controversial

(Ocampo et al., 2019)

4

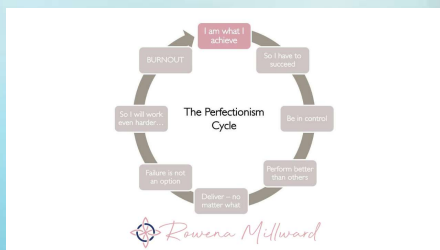
Perfectionism Research

- Dual nature exists, especially in the workplace
 - Highly motivated *and* willing to work longer
 - Highly invested in the work *and* exhibits workaholic tendencies
 - Dedicated to the job tasks *and* striving for flawlessness
- Higher levels of perfectionism are related to higher levels of emotional exhaustion
- Positive relationship between perfectionism and stress, anxiety and depression
- Perfectionism is unlikely to be constructive at work

(Harari et al., 2018;
Ocampo et al., 2019)

5

The Perfectionist Cycle #1



Rowena Millward

<https://www.rowenamillward.com/blog/perfectionism-cycle>

6

Cycle #2



7

Cycle #3- For Caring Professions



8

Examples

- Michael Phelps
- Jamaican Bobsled team
- Simone Biles
- Perfectionism Stole My Joy- Essay by Tami Hinesh

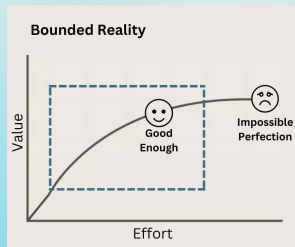
9

Small Group Activity- 10 minutes

- Review handout with your table or on your own
- Share/write down stories and reflections
- What has helped you overcome perfectionistic tendencies (if you have them)?
- Enter responses to prompt in mentimeter

10

Accepting the Good Enough



11

The Good Enough

Accepting the good enough is....	Accepting the good enough is not....
Work that accomplishes the goal	Caring less
Work you can take pride in	Inadequacy
Essential to sustainability	Failure
Key to self-compassion	Giving up
Strength-based	Settling for mediocrity

12

The discussion on perfectionism is speaking about *how you can do your work* while simultaneously recognizing that *your work can also be a vehicle for working on yourself*



13

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14

Perfectionism Versus “The Good Enough”

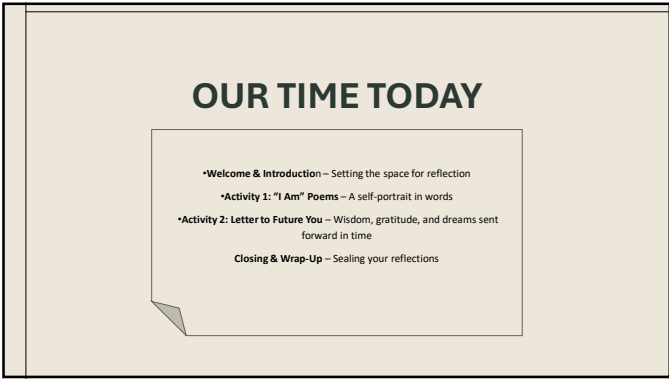
How much does the discussion of perfectionism apply or not apply to you? Generally, or in specific situations in your life?

If it does apply, where in your life did it begin?

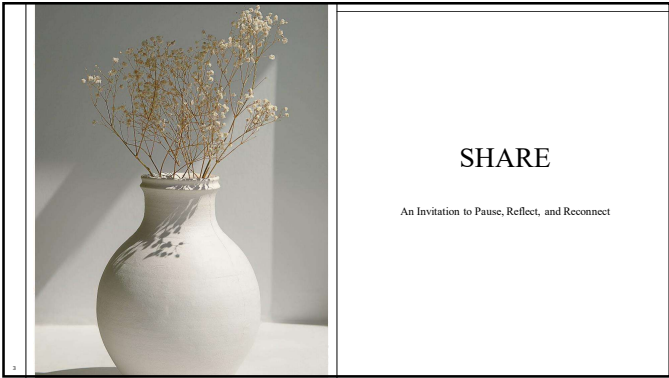
Can you implement the “accepting the good enough” approach in your work? If so, what reminders would help you reframe your thinking?



1



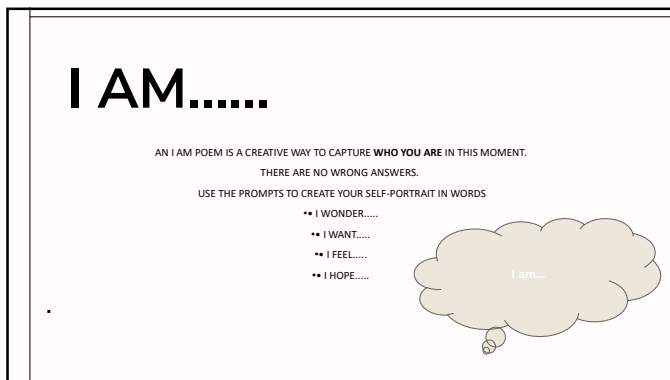
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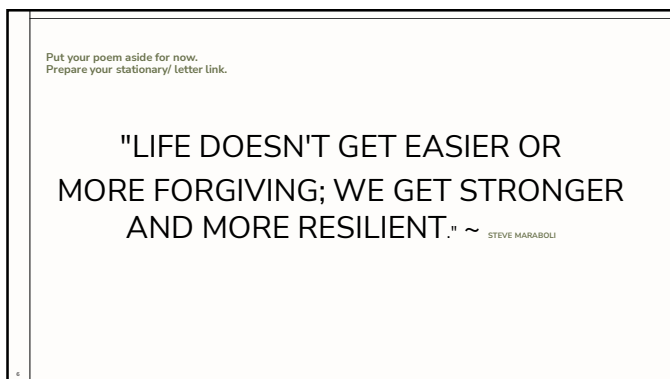
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4



5



6



WRITE A NOTE.....

TO YOUR FUTURE SELF

An Invitation to Pause, Reflect, and Reconnect

7

LETTER TO FUTURE YOU

No rules.

8

DEAR FUTURE ME...

- What three things am I grateful for right now?
- What did I do this week that empowered me?
 - Who is important to me right now?
 - What am I looking forward to?
 - What challenges am I facing?
 - What dreams am I chasing?
 - What am I ready to leave behind?
- What would living my wildest dreams look like?

9

DEAR FUTURE ME...

- What do you want to remember when things get tough?
- Write a message to your future self that reminds you of your 'why I stay' - the moments, people, or values that keep you grounded in this work.
- What would kindness say to you right now?
- Write the words you need during a hard moment.

10

Handwritten Letters

Seal the envelope

Write your name and the address where you'd like your letter delivered

11

Electronic Letter

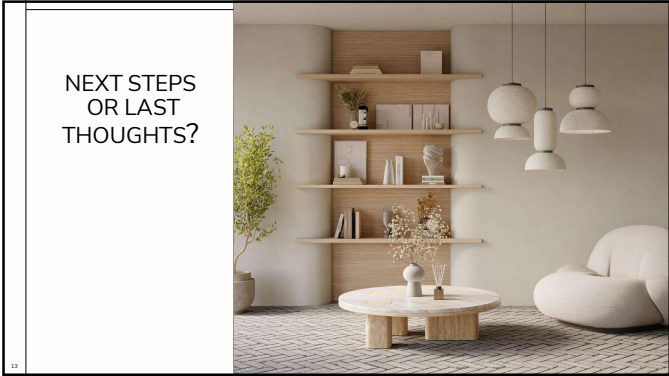
SEND IT

Save letter as an attachment on your computer.

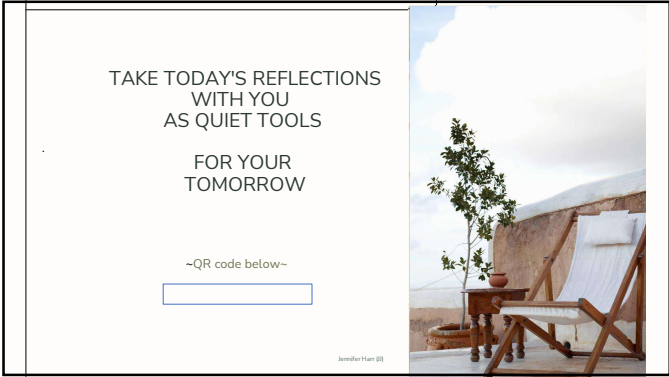
Write email to yourself saying "Proud of You" in subject

Attach and click *delay send* for a delivery date of 02/22/2026

12



13



14