



Stress Management & Resilience

For SAS Doctors

Monday 21st January 2019

South West Yorkshire Partnership NHS Foundation Trust



Stress Management & Resilience

21st January 2019, Fieldhead Hospital

It's always been true that alongside healthcare's genuinely rewarding nature, it's also one of the most stressful professions too. That's something that is profoundly increasing as the challenges of addressing patient load in a meaningful and supportive manner are undermined by an austere and deeply troubled operational environment. It is vital that those at the front line remain healthy, focused and resilient in the face of hugely increased pressures and this programme is about just that. It's highly practical in nature but deals with practical issues and the right cognitive approaches to coping well. It tackles what to do if you are already in a darker place than you'd like and how best to approach these issues safely within Trusts that are behaving irrationally. At a more functional level, there are numerous causes and factors at play including loss of control, increased workload, poor self-care, stressful life events and maladaptive coping strategies. The effects of the resulting distress lead to increasing job dissatisfaction, attrition from academic practice, loss of empathy, cynicism, poor mental health and burnout. The cumulative effect of this also tends to increase the risk of medical errors. Overall, we're saying that this is serious stuff and this is a serious course to help you address these issues.

The Programme cover the following key areas:-

- Understanding Stress & its Impacts
- Dealing with Inappropriate Load, Safely
- Cognitive Approaches
- Emotional Intelligence & Resilience
- Physical Approaches
- Managing Team Stress
- Developing a Positive Rectification Plan

PRACTICAL INFORMATION

Course Date:

21st January 2019

CPD Venue:

The Large Conference Room, Wellbeing & Learning Centre, Fieldhead Hospital, Ouchthorpe Lane, Wakefield, WF1 3SP

CPD Points: 6

Registration Fee: £0.00

This course is centrally funded, individual participants will not be charged

Duration: 1 day

Registration: 09:15

Start Time: 09:30

Finish Time: 16:00

Format:

Meeting room based course

Dress Code:

Comfortable and relaxed, rather than formal

Included In The Registration Fee:

Registration is fully inclusive of attendance, all refreshments, a curry or similar and all materials used on the course.

HOW TO REGISTER

Registrations to be made through Barbara Green

Contact Details: barbara.green2@swyt.nhs.uk

// What People Say

The following are just a few genuine comments and recommendations that others have been kind enough to share. We hope it helps you understand us a little more.

“ There can be little doubt that this organisation has the passion and foresight to truly interact with its target audience and in doing so rekindle that passion which led the health service forward in the past but which, of late, has been fading
Medical Director, Acute Services

“ Well organised, friendly, learn some stuff you actually remember and use
Consultant, Worcestershire Acute Hospitals NHS Trust

“ I found myself thinking about my work in new ways. I would recommend this course to anyone in a senior position in the NHS
Consultant Psychiatrist, Dorset Healthcare University NHS Foundation Trust

“ Speaker was very engaging and easy to listen to, pitched at just the right level. This is the second course I have attended with you, both excellent and left me energised and enthusiastic
Consultant Psychiatrist, Manchester Mental Health And Social Care Trust

“ An excellent balance of information and time for reflection, delivered in an enthusiastic and clear way ... thank you, practical and relevant
Consultant Psychiatrist, East London and the City NHS Foundation Trust

“ This organisation has a passion which is reflected in the content, delivery & enthusiasm. It is inspirational
Consultant Orthopaedic Surgeon, Royal Gwent Hospital

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