

SupportTT workshop: Imposter Syndrome – what is it and how can I manage it?

Description

Imposter Syndrome or Phenomenon is defined as ‘a collection of feelings of inadequacy that persist despite evidence of success’. ‘Imposters’ suffer chronic self-doubt and are unable to internalise their accomplishments however successful they are in their field. This phenomenon is prevalent in trainees and doctors. It can get in the way of both professional progress, and job satisfaction. Time out of training can exacerbate it. Because it is common, it is usually helpful to discuss it in a group setting, explore what it is, how it affects you and what you can do about it. This one-day workshop provides support as well as understanding.

Additional information What is the workshop about?

[The ‘Supported Return to Training’ document](#) published by HEE in 2017 after stakeholder consultations states “Confidence and self-perception of capability was reported as the upmost concern for returners by a considerable margin”. (p13)

This one-day workshop is for those returning to training and provides an opportunity to look at Imposter Syndrome in a safe and supportive environment. We will look at what Imposter Syndrome is, how it gets in the way of our work, and then more importantly what tools are available to manage it. The day will include evidence-based solutions using ACT (Acceptance and Commitment Therapy) techniques. ACT has a huge body of evidence behind it and an impressive pedigree in providing practical tools that are easy to grasp and use. Participants unsure of whether this learning event is for them may be interested in completing the online questionnaire devised by Pauline Clance, who first described the Imposter Phenomenon: <http://paulineroseclance.com/pdf/IPTestandscoring.pdf>.

Aims and objectives:

The intended benefits for participants are:

- to understand imposter syndrome and its impact on themselves,
- to learn some tools to manage it,
- to engage in a safe learning environment at a time when (for some) learning might seem more challenging than in the past
- to network with other returners and create supportive alliances.