“Practical and Realistic Resiliency Skills”

Margaret Rittenhouse, LCSW
Clinical Director of HelpLink EAP
Department Psychiatry
Virginia Commonwealth University

At the conclusion of this activity, the participant will be able to:

1. Recognize your signs of burnout
2. Understand and describe when to use each Resiliency Skill
3. Name 2 resources you could utilize if you need to reach out for help

Accreditation: VCU Health Continuing Medical Education of Virginia Commonwealth University Health System is accredited by the Accreditation Council for Continuing Medical Education (ACCME®) to provide continuing medical education for physicians.

Credit Designation: VCU Health Continuing Medical Education of Virginia Commonwealth University Health System designates this live activity for a maximum of 1.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure of Financial Relationships: The following planners, moderators or speakers have the following financial relationship(s) with commercial interests to disclose: Nothing to disclose