Ascension

Continuing Education/Continuing Medical Education (CE/CME)

Resiliency Facilitator Training

WHEN: March 25, 2026 3:00 PM — April 29, 2026 5:00 PM

Presentation purpose:

Participants will be trained to teach Resiliency Training to other groups of healthcare professionals. To attend this course, previous attendance at a 6-hour Resiliency Training course is required along with a completed application. Attendees will have access to the Resiliency Training curriculum, handouts, and will be guided in developing their skills to teach short, practical tools that can be used at the bedside or in the boardroom to manage stress.

Learning objectives:

- Demonstrate how short resiliency tools can be used on the job to mitigate stress and burnout.
- Facilitate group discussions on job stress and resiliency skills.
- Explain key resiliency concepts: plimsoll line, awareness, self-compassion, how values safeguard resilience, empathy vs. compassion, and how to cultivate positive emotions.

Target audience:

This activity is designed for the interdisciplinary audience including the following: Physician, Physician Assistant, Psychologists, Pharmacist, Nurse, Social Workers, Advanced Practice Nurse

Faculty/Course Director/Planners:

Ascension has selected all faculty participating in this activity. It is the policy of Ascension that all CE/CME planning committees, faculty, authors, editors, and staff disclose relationships with commercial interests upon nomination or invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and if relevant, they are resolved prior to confirmation of participation. Only those participants who have no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this activity.

Commercial Support:

No commercial interest was received for this CE/CME activity.

Accreditation:

JOINTLY ACCREDITED PROVIDER™ INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, Ascension is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Credit designation:

IPCE CREDIT™

This activity was planned by and for the healthcare team, and learners will receive 12.00 IPCE credit(s) for learning and change.

ACCME ACCREDITED

Ascension designates this Live Activity for a maximum of 12.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ANCC AMERICAN NURSES CREDENTIALING CENTER

This activity is awarded 12.00 ANCC contact hour(s). (based on 60 minutes per contact hour)

AAPA

Ascension has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 12.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

ACPE

This knowledge-based activity qualifies for 12.00 contact hours of continuing pharmacy education credit. Pharmacy CE credits will be submitted electronically to the NABP upon successful completion of the activity.

ACE ASWB approved continuing education

As a Jointly Accredited Organization, Ascension is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Ascension maintains responsibility for this course. Social workers completing this course receive 12.00 continuing education credits.

American Psychological Association

Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Conflict of Interest:

In accordance with the ACCME Standards for Commercial Support, it is the policy of Ascension to ensure balance, independence, objectivity and scientific rigor in all CE/CME activities.
Full disclosure of conflicts and conflict resolution will be made in writing via handout materials or syllabus.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Lisa Butterworth, MSN	Nurse Planner	Nothing to disclose - 01/27/2026
Lisa Cronin, MPAS, PA-C	PA Planner	Nothing to disclose - 10/13/2025
Phoebe L Franco, PhD	Co-Director, Faculty	Nothing to disclose - 08/25/2025
Krista Gregory L Gregory, M.Div., Board Certified Chaplain	Course Director, Faculty	Nothing to disclose - 08/19/2025
Jennifer Hughes, MD	Physician Planner	Nothing to disclose - 07/02/2025
Heather Kirkpatrick, PhD	Psychologist Planner	Nothing to disclose - 08/27/2025
Thanhhao Ngo, PharmD, BCPPS	Pharmacy Planner	Membership on Advisory Committees or Review Panels, Board Membership, etc.-Blue Cross Blue Shield of Texas, Mediaid Advisory Committee - 08/28/2025
Ryan Sullivan, LCSW, Social Work	Social Work Planner	Nothing to disclose - 01/09/2026