

Continuing Education/Continuing Medical Education (CE/CME) Resiliency Training

WHEN: April 23, 2026 — April 22, 2028

Presentation purpose:

- This 6-hour curriculum overviews the concepts and skills of resiliency to help people better regulate their emotions and lead happier, more connected lives. The program is tailored to the specific needs of health care workers and we provide examples of how they can apply the skills they learn in our course in their day-to-day jobs. There is a documented need to help professionals prevent and cope with the emotional exhaustion of working with ill-patients in a fast-paced health care system so they choose to remain in their professions. Health care professionals with high levels of well-being should provide higher quality care and be less likely to leave their profession.

Learning objectives:

- Participants will be able to describe the main components of resiliency and how they may be integrated into their role as healthcare professionals.
- Participants will be able to explain the difference between empathy and compassion and utilize strategies to avoid emotional exhaustion.
- Participants will be able to demonstrate strategies they can use on the job to regulate their difficult emotions while caring for others in pain.

Target audience:

This activity is designed for the interdisciplinary audience including the following: Specialties: Anesthesiology, Cardiology, Dermatology, Emergency Medicine, Family Medicine, General Medicine, Medicine, Neurology, Ob/Gyn, Oncology, Orthopedics, Pathology & Laboratory Medicine, Pediatrics, Physical Medicine & Rehab, Primary Care, Psychiatry, Radiology, Radiation Oncology, Surgery, Other, Rheumatology, Palliative Care, Infectious Disease, Telemedicine, Perinatal, Neonatal, Internal Medicine, Neurosurgery, Critical Care Medicine

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.

Accreditation



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:



This activity was planned by and for the healthcare team, and learners will receive 6.00 IPCE credit(s) for learning and change.



Ascension designates this Live Activity for a maximum of 6.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



This activity is awarded 6.00 ANCC contact hour(s). (based on 60 minutes per contact hour)



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 6.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



This knowledge-based activity qualifies for 6.00 contact hours of continuing pharmacy education credit. Pharmacy CE credits will be submitted electronically to the NABP upon successful completion of the activity.



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 6.00 continuing education credits.



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.

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.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Lisa Cronin, MPAS, PA-C	PA Planner	Nothing to disclose - 10/13/2025
Phoebe L Franco, PhD	Activity Coordinator, Faculty	Nothing to disclose - 08/25/2025
Abby Glock, MSW, LCSW	Social Work Planner	Nothing to disclose - 09/15/2025
Krista Gregory L Gregory, M.Div., Board Certified Chaplain	Activity Coordinator, Faculty	Nothing to disclose - 08/19/2025
Tory Meyer, MD, surgeon	Physician Planner	Nothing to disclose - 07/01/2025
Thanh hao Ngo, PharmD, BCPPS	Pharmacy Planner	Membership on Advisory Committees or Review Panels, Board Membership, etc.-Blue Cross Blue Shield of Texas, Medicaid Advisory Committee - 08/28/2025
Puja Patel, PhD	Psychologist Planner	Nothing to disclose - 12/01/2025
Jacqueline Rubinstein Ayala, MSN	Nurse Planner	Nothing to disclose - 01/07/2026

Commercial Support:

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