

### BHPW Resilience ECHO Programs

[Register here Resilience Conversations:](#) 1<sup>st</sup> and 3<sup>rd</sup>, Mondays, 1 p.m.-2 p.m. MT

[Register here Rounds:](#) 2<sup>nd</sup> Mondays, 1 p.m.-2 p.m. MT

[Register here Cases in Resilience:](#) 4<sup>th</sup> Mondays 1p.m.-2 p.m. MT

### 2022-2023 Curriculum and Recordings

2023 Date	Program	Topic	Presenter	Resources
Dec 11	Resilience Rounds	Trauma and Community Resiliency Mode	Elaine Miller-Karras, LCSW	<a href="#">Video Link</a>
Dec 4	Resilience Conversations	TBA	Leon	<a href="#">Video Link</a>
Nov 13	Resilience Conversations	TBA	Stan Sonu, MD, MPH	<a href="#">Video Link</a>
Nov 6	Resilience Rounds	Helping Those Who Help Nurture and Maintain Their Resilience	Michael Ungar, PhD	<a href="#">Video Link</a>
Oct 23	Cases in Resilience	The Open Source Healing Initiative	James Halls, BA	<a href="#">Video Link</a>
Oct 16	Resilience Conversations	TBA	Jessica Medrano, BA, MA	<a href="#">Video Link</a>
Oct 2	Resilience Conversations	The Community Resiliency Model	Linda Grabbe, PhD, APRN-BC	<a href="#">Video Link</a>
Sept 25	Resilience Conversations	The Community Resiliency Model	Linda Grabbe, PhD, APRN-BC	<a href="#">Video Link</a>
Sept 11	Resilience Rounds	Safeguarding Our Resilience and Wellbeing as Care Givers: Lessons from the Hidden Culture of 911 Professionals	Jim Marshall, MA,L.L.P	<a href="#">Video Link</a>
Aug 28	Cases in Resilience	Empathy and Flexibility of Mind	Jeff Katzman, MD	<a href="#">Video Link</a>
Aug 21	Resilience Conversations	Improvising in the Workplace Series: Uncertainty Tolerance – and Flexibility of Mind	Jeff Katzman, MD and Ankit Mehta, MD, FACP, SFHM	<a href="#">Video Link</a>
Aug 14	Resilience Rounds	Improv4Health Professionals: Taming Your Inner Critic	Amy, Zelenski, PhD	<a href="#">Video Link</a>
Aug 7	Resilience Conversations	Improvising in the Workplace Series: Collaboration/Relatedness/Loneliness	Jeff Katzman, MD and Ankit Mehta, MD, FACP, SFHM	<a href="#">Video Link</a>
July 24	Cases in Resilience	Making Mistakes/Perfectionism	Jeff Katzman, MD	<a href="#">Video Link</a>
July 17	Resilience Conversations	Improvising in the Workplace Series: Improv and Resilience General	Jeff Katzman, MD and Ankit Mehta, MD, FACP, SFHM	<a href="#">Video Link</a>

July 10	Resilience Rounds	The Power of Play: Incorporating Fun into Your Busy Schedule: The Antidote to Burnout	Charlie Hoehn, B.B.A	<a href="#">Video Link</a>
June 26	Resilience Conversations	Relationships Built on Trust: A Primer on Transformative Justice	Anita Fernander, PhD	<a href="#">Video Link</a>
June 12	Resilience Rounds	Mitigating Clinician Burnout: The Strategic Role of Leadership Support in Promoting a Culture of Well-Being	Jonathan Ripp, MD, MPH	<a href="#">Video Link</a>
	Cases in Resilience	The Resilient Supervisor	Jeff Katzman, MD	<a href="#">Video Link</a>
June 5	Resilience Conversations	How to Make Work Your Playground; Developing and Building Trusting Relationships Across Campus	Shelly McLaughlin, MS, EMT-I	<a href="#">Video Link</a>
May 22	Resilience Conversations	Relationships Built on Trust: Trust between Behavioral Health Professionals and Care Providers in an Integrated Clinic	Dan Williams, PhD	<a href="#">Video Link</a>
May 15	Resilience Conversations	Building Trust with Refugee Families in a Multidisciplinary Pediatric Clinic	Gillian Harris, MD	<a href="#">Video Link</a>
May 8	Resilience Rounds	The Public Health Epidemics of Substance Use, Chronic Pain, Mental Health, and Suicide: How can we overcome these crises with resilience?	Joanna Katzman, MD, MSPH	<a href="#">Video Link</a>
	Cases in Resilience	A Tale of Two Employees: Navigating Disruptions in Supervisory Relationships	Jeff Katzman, MD	<a href="#">Video Link</a>
May 1	Resilience Conversations	Relationships Built on Trust: Trust between Medical Specialties	Steve McLaughlin, MD	<a href="#">Video Link</a>
April 24	Resilience Conversations	Relationships Built on Trust: Creating and Developing Mentor-Mentee Relationships by Building Trust	Akshay Sood, MD, MPH	<a href="#">Video Link</a>
April 17	Resilience Conversations	Relationships Built on Trust: How the Healthcare workforce relies on multi-level trust relationships to meet service and educational goals.	Yasmin Magdaleno, MD	<a href="#">Video Link</a>
April 10	Resilience Rounds	Addressing the Elephant in the Room: Shame and Sentinel Emotional Events in Medical Learners	William Bynum, MD	<a href="#">Video Link</a>

	Cases in Resilience	Burnout: The Supervisory Impact of an Employee's Resignation	Jeff Katzman, MD	<a href="#">Video Link</a>
April 3	Resilience Conversations	Peak Performance: Empowering Wellness: Lessons in Resilience Education.	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
March 27	Resilience Conversations	Peak Performance: Community Resilience	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
March 20	Resilience Conversations	Peak Performance: Self-Care: Barriers and Best Practices	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
March 13	Resilience Rounds	Burnout: What I Learned as AMA President	Barbara McAneny, MD	<a href="#">Video Link</a>
	Cases in Resilience	A Trainee Adapting to a Health Care Organization	Jeff Katzman, MD & Yasmin Magdaleno, MD	<a href="#">Video Link</a>
March 6	Resilience Conversations	Peak Performance: Building Resilient Teams	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
Feb 27	Resilience Conversations	Peak Performance: Sleep Hygiene	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
Feb 20	Resilience Conversations	Peak Performance: Self-Regulation and Mental Flexibility	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
Feb 13	Resilience Rounds	Supporting Your Resiliency by Reducing those 'Pebbles in Your Shoes'	Eileen Barrett, MD	<a href="#">Video Link</a>
	Cases in Resilience	Age and Well Being: Resiliency for a Seasoned Provider	Jeff Katzman, MD	<a href="#">Video Link</a>
Feb 6	Workgroups	Peak Performance: Self-Awareness	Steve Xenakis, MD & Matt DeBernardis, MA	<a href="#">Video Link</a>
Jan 23	Resilience Conversations	The Community Resiliency Model (CRM)	Linda Grabbe, PhD, FNP-BC, PMHNP-BC, FAAN	<a href="#">Video Link</a>
Jan 9	Resilience Rounds	Reorienting the US Healthcare System Around Relationships	Christine Sinsky, MD	<a href="#">Video Link</a>
	Cases in Resilience	Part 2 Case of Marie: Exploring Work Relationships	Yasmin Magdaleno, MD	<a href="#">Video Link</a>

2022 Date	Program	Topic	Presenter	Resources
Dec 12	Resilience Conversations	Mentalization and Resilience	Jeff Katzman, MD	<a href="#">Video Link</a>
	Resilience Rounds	Nutrition and Resilience (Performance Nutrition)	Maryam Makowski, PhD, FACN, NBC-HWC	Video Not Available
Dec 5	Resilience Conversations	Attachment and Resilience	Jeff Katzman, MD	<a href="#">Video Link</a>
Nov 28	Resilience Conversations	Psychological Impact of a Lawsuit	David E Pitcher, MD, FACS	<a href="#">Video Link</a>

	Cases in Resilience	Considering Personal Limits to Prevent Burnout: A Case-based Learning Experience	Jeff Katzman, MD	<a href="#">Video Link</a>
Nov 14	Resilience Conversations	When a Patient Dies by Suicide	Chantal Brazeau, MD	Video Not Available
	Resilience Rounds	Uncertainty and Resiliency	Ankit Mehta, MD, FACP, SFHAM	<a href="#">Video Link</a>
Nov 7	Resilience Conversations	When Something Goes Wrong	Jonah Teitelbaum, PhD, Liz Romero, MD & Kristina Soward, MD	<a href="#">Video Link</a>
Oct 31	Resilience Conversations	Importance of Play	Jeff Katzman, MD	<a href="#">Video Link</a>
Oct 24	Resilience Conversations	Recognizing When we Need Help: Caring for the Caregivers	Margaret Rea, PhD	<a href="#">Video Link</a>
	Cases in Resilience	Supporting Colleagues Who May be Impaired	Randon Welton, MD & Elizabeth Lawrence, MD, FACP	<a href="#">Video Link</a>
Oct 17	Resilience Conversations	When it's time to Change	Jeff Katzman, MD	<a href="#">Video Link</a>
Oct 3	Resilience Conversations	The Art of Saying No: Setting Boundaries and Finding Your Professional Voice	Chantal Young, PhD	Video Not Available
Sept 26	Resilience Conversations	Diversity, Equity, and Inclusion & Wellness Part 2	Elizabeth Lawrence, MD, FACP & Diana Martinez, MPH	<a href="#">Video Link</a>
	Cases in Resilience	Developing Resilience and Wellness Interventions for Impaired Staff / employees: Case 1	Jeff Katzman, MD, Elizabeth Lawrence, MD, FACP & Randon Welton, MD	<a href="#">Video Link</a>
Sept 19	Resilience Conversations	Diversity, Equity, and Inclusion & Wellness Part 1	Elizabeth Lawrence, MD, FACP	<a href="#">Video Link</a>
Sept 12	Resilience Conversations	Peer Support for Clinicians	Yasmin Magdaleno, MD	<a href="#">Video Link</a>
	Resilience Rounds	Flexibility and Resilience	George Bonanno, PhD	Video Not Available
Aug 29	Resilience Conversations	Organizational Peer Support: A Suggested Framework for Teams	Kimble Richardson, MS, LMHC, LCSW, LMFT, LCAC	<a href="#">Video Link</a>
Aug 22	Resilience Conversations	Post Traumatic Growth	Elizabeth Lawrence, MD, FACP	<a href="#">Video Link</a>
	Resilience Conversations	Trauma and Resilience	Jonathan DePierro, PhD	<a href="#">Video Link</a>
Aug 15	Resilience Conversations	Pebbles in My Shoe: The Power Pause	Kristina Olson, MD, MS	<a href="#">Video Link</a>

Aug 8	Resilience Conversations	Getting Leadership Onboard to Promote Wellness	Randon Welton, MD	<a href="#">Video Link</a>
	Resilience Rounds	Sleep and How to Optimize it for Resilience and Self-Care	Lynelle Schneeberg, PsyD	Video Not Available
Aug 1	Resilience Conversations	Introduction to the Community Resiliency Model (CRM)	Linda Grabbe, PhD, APRN-BC	<a href="#">Video Link</a>
July 25	Resilience Conversations	Introduction to Series II: The Importance of Connection	Jeff Katzman, MD	<a href="#">Video Link</a>
	Resilience Rounds	Using Supervision to Improve Resilience	Randon Welton, MD	<a href="#">Video Link</a>



In support of improving patient care, Project ECHO® 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.



**AMA Designation Statement**

Project ECHO® designates this live activity for a maximum of 1.0 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**ANCC Designation Statement**

Project ECHO® designates this live activity for a maximum of 1.0 ANCC contact hour. Nursing contact hours will be awarded for successful completion of program components based upon documented attendance and completion of evaluation.



**Psychologist Accreditation**  
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.



**Social Work Accreditation**  
As a Jointly Accredited Organization, Project ECHO® 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. Project ECHO® maintains responsibility for this course. Social workers completing this course receive 1.0 continuing education credit.



**AAPA Credit Designation Statement – Live**  
Project ECHO 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 1.0 AAPA Category 1 CME credit. PAs should only claim credit commensurate with the extent of their participation.