

BHPW Resilience ECHO Programs

[Register here Resilience Conversations:](#) 1st, 3rd, 4th Mondays, 1 p.m.-2 p.m. MT

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

[Register here Cases in Resilience:](#) 2 p.m.-3 p.m. MT

2022-2023 Curriculum and Recordings

2023 Date	Program	Topic	Presenter	Resources
Sept 25	Cases in Resilience	TBD		Video Link
Sept 11	Rounds	TBD		Video Link
Aug 28	Cases in Resilience	Empathy and Flexibility of Mind	Jeff Katzman, MD	Video Link
Aug 21	Resilience Conversations	Improvising in the Workplace Series: Uncertainty Tolerance – and Flexibility of Mind	Jeff Katzman, MD and Ankit Mehta, MD, FACP, SFHM	Video Link
Aug 14	Rounds	Improv4Health Professionals: How to Tame Your Inner Critic and Open the Door to Self-Compassion	Amy, Zelenski, PhD	Video Link
Aug 7	Resilience Conversations	Improvising in the Workplace Series: Collaboration/Relatedness/Loneliness	Jeff Katzman, MD and Ankit Mehta, MD, FACP, SFHM	Video Link
July 24	Cases in Resilience	Making Mistakes/Perfectionism	Jeff Katzman, MD	Video Link
July 17	Resilience Conversations	Improvising in the Workplace Series: Improv and Resilience General	Jeff Katzman, MD and Ankit Mehta, MD, FACP, SFHM	Video Link
July 10	Rounds	The Power of Play: Incorporating Fun into Your Busy Schedule	Charlie Hoehn, B.B.A	Video Link
June 26	Resilience Conversations	Relationships Built on Trust: A Primer on Transformative Justice	Anita Fernander, PhD	Video Link
June 12	Rounds	Mitigating Clinician Burnout: The Strategic Role of Leadership Support in Promoting a Culture of Well-Being	Jonathan Ripp, MD, MPH	Video Link
	Cases in Resilience	The Resilient Supervisor	Jeff Katzman, MD	Video Link

June 5	Resilience Conversations	How to Make Work Your Playground; Developing and Building Trusting Relationships Across Campus	Shelly McLaughlin, MS, EMT-I	Video Link
May 22	Resilience Conversations	Relationships Built on Trust: Trust between Behavioral Health Professionals and Care Providers in an Integrated Clinic	Dan Williams, PhD	Video Link
May 15	Resilience Conversations	Building Trust with Refugee Families in a Multidisciplinary Pediatric Clinic	Gillian Harris, MD	Video Link
May 8	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	Video Link
	Cases in Resilience	A Tale of Two Employees: Navigating Disruptions in Supervisory Relationships	Jeff Katzman, MD	Video Link
May 1	Resilience Conversations	Relationships Built on Trust: Trust between Medical Specialties	Steve Mclaughlin, MD	Video Link
April 24	Resilience Conversations	Relationships Built on Trust: Creating and Developing Mentor-Mentee Relationships by Building Trust	Akshay Sood, MD, MPH	Video Link
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	Video Link
April 10	Rounds	Addressing the Elephant in the Room: Shame and Sentinel Emotional Events in Medical Learners	William Bynum, MD	Video Link
	Cases in Resilience	Burnout: The Supervisory Impact of an Employee's Resignation	Jeff Katzman, MD	Video Link
April 3	Resilience Conversations	Peak Performance: Empowering Wellness: Lessons in Resilience Education.	Steve Xenakis, MD & Matt DeBernardis, MA	Video Link
March 27	Resilience Conversations	Peak Performance: Community Resilience	Steve Xenakis, MD & Matt DeBernardis, MA	Video Link
March 20	Resilience Conversations	Peak Performance: Self-Care: Barriers and Best Practices	Steve Xenakis, MD & Matt DeBernardis, MA	Video Link

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

2022 Date	Program	Topic	Presenter	Resources
Dec 12	Resilience Conversations	Mentalization and Resilience	Jeff Katzman, MD	Video Link
	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	Video Link
Nov 28	Resilience Conversations	Psychological Impact of a Lawsuit	David E Pitcher, MD, FACS	Video Link
	Cases in Resilience	Considering Personal Limits to Prevent Burnout: A Case-based Learning Experience	Jeff Katzman, MD	Video Link
Nov 14	Resilience Conversations	When a Patient Dies by Suicide	Chantal Brazeau, MD	Video Not Available
	Rounds	Uncertainty and Resiliency	Ankit Mehta, MD, FACP, SFHAM	Video Link
Nov 7	Resilience Conversations	When Something Goes Wrong	Jonah Teitelbaum, PhD, Liz Romero, MD & Kristina Sogar, MD	Video Link

Oct 31	Resilience Conversations	Importance of Play	Jeff Katzman, MD	Video Link
Oct 24	Resilience Conversations	Recognizing When we Need Help: Caring for the Caregivers	Margaret Rea, PhD	Video Link
	Cases in Resilience	Supporting Colleagues Who May be Impaired	Randon Welton, MD & Elizabeth Lawrence, MD, FACP	Video Link
Oct 17	Resilience Conversations	When it's time to Change	Jeff Katzman, MD	Video Link
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	Video Link
	Cases in Resilience	Developing Resilience and Wellness Interventions for Impaired Staff / employees: Case 1	Jeff Katzman, MD, Elizabeth Lawrence, MD, FACP & Randon Welton, MD	Video Link
Sept 19	Resilience Conversations	Diversity, Equity, and Inclusion & Wellness Part 1	Elizabeth Lawrence, MD, FACP	Video Link
Sept 12	Resilience Conversations	Peer Support for Clinicians	Yasmin Magdaleno, MD	Video Link
	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	Video Link
Aug 22	Resilience Conversations	Post Traumatic Growth	Elizabeth Lawrence, MD, FACP	Video Link
	Resilience Conversations	Trauma and Resilience	Jonathan DePierro, PhD	Video Link
Aug 15	Resilience Conversations	Pebbles in My Shoe: The Power Pause	Kristina Olson, MD, MS	Video Link
Aug 8	Resilience Conversations	Getting Leadership Onboard to Promote Wellness	Randon Welton, MD	Video Link
	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	Video Link
July 25	Resilience Conversations	Introduction to Series II: The Importance of Connection	Jeff Katzman, MD	Video Link
	Rounds	Using Supervision to Improve Resilience	Randon Welton, MD	Video Link



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.