



Community Training Workshops

Customized training to reduce burnout and traumatic stress

Why a Resilience Workshop?

Healthcare workers are at an elevated risk of psychological trauma from exposure to the stressful events and situations regularly encountered in the healthcare industry. This has been shown to increase the likelihood of depression, anxiety, substance use, and other psychiatric disorders, potentially leading to a variety of negative health and workplace outcomes.

The Lyda Hill Institute for Human Resilience provides **customized workshops** to help organizations become trauma-informed and resilience-informed, giving individuals tools to overcome the fallout associated with negative experiences.

Workshops are ideal for hospitals, medical clinics, and other organizations where employees routinely encounter stressful or traumatic situations as part of their job. In the trainings, healthcare professionals will gain a basic understanding of the effects of stress and how they can build and foster resilience within themselves and their organizations. Workshops provide virtual or in-person, interactive training, covering numerous topics which can be tailored to address the specific resilience needs of their organization.

Workshop topics may include (but are not limited to)

- The biology of stress
- Post-Traumatic Stress Disorder (PTSD)
- Substance use
- The stress injury continuum
- Secondary traumatic stress
- Compassion fatigue/burnout
- Suicide prevention
- De-escalation techniques

For more information on resilience training workshops,
email Nicole Weis at nweis@uccs.edu