

Genesis Rehab Services invites you to our education event

Mindfulness-Based Stress Reduction

Improving Job Performance & Mental Focus

March 28, 2019

Live Webinar

Free for all GRS employees

1.0 Contact Hours



About the program

Stress and burnout in healthcare workers is an emergent issue directly impacting personal health, patient care, and clinical outcomes. However, with the appropriate knowledge and techniques, clinicians can learn to effectively mitigate the negative effects of stress and develop professional resilience. This program will introduce participants to evidence-based techniques proven to reduce stress and enhance mental focus. In addition, best practices for workplace communication and collaboration will be reviewed.

Program Level: Introductory

Target Audience: Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, Speech-Language Pathologists

Presenter

- Jordan Bowman, M.A. CCC-SLP

Course objectives

By the end of the program, the participant will be able to:

- Identify how stress and burnout in healthcare workers impacts patient care and clinical outcomes
- Apply evidence-based techniques for reducing stress and improving mental focus
- Describe the stress-reaction cycle versus the stress-respond cycle, including the body's physiological response to stress
- Implement practices to improve communication and collaboration in the workplace

Agenda: Mindfulness-Based Stress Reduction: Improving Job Performance & Mental Focus

6:15 - 6:30 p.m.	Registration
6:30 - 6:40 p.m.	Mindfulness: A Basic Primer
6:40 - 7:00 p.m.	Coping With Stress
7:00 - 7:20 p.m.	Communication: Techniques and Application
7:20 - 7:30 p.m.	Q & A

Note: Agenda times reflect Central Daylight Time (CDT)

How to register

Register for this program via GRS University or GRS Institute prior to the event date.

Instructions for GRS employees:

1. Log into your GRS University account:
<http://genesishcc.training.reliaslearning.com/>
2. Select "Browse Elective Courses"
3. Use the first drop-down box to filter by "Events"
4. Locate the course listing and click the "Enroll" button
5. Scroll to the top of the page and click "Back to My Learning" to access your course in "Current Training"


Course Coordinator:

Faith Mandel, Faith.Mandel@genesishcc.com

Instructions for non-GRS participants:

1. Visit GRS Institute:
<http://grsinstitute.academy.reliaslearning.com/>
2. Click on the "GRS Live Training" tab
3. Locate the course listing, Driving Clinical Decisions Through Vital Signs Assessment, and click the course title
4. After reviewing the course information, scroll to the bottom of the page to select your session, date, and time
5. Click "Add to Cart" and follow the instructions to complete the checkout process and enrollment. You are now registered.
6. Scroll to the top of the page and click "My Courses" to access your course
7. Click "Enter Course."

Education approvals



APPROVED PROVIDER
ASHA
CONTINUING
EDUCATION
AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION

Genesis Rehab Services is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.1 ASHA CEUs (Introductory level, Related area).

Program Completion Requirements: Participants need to attend the live program and complete the online course evaluation prior to receiving their certificate of completion.

Disclosure: Jordan Bowman is an employee of Genesis Rehab Services. There are no relevant non-financial relationships. There is no commercial support for this program. There is no endorsement of any product by Genesis Rehab Services for this program.

Privacy: Any information you share will be handled in compliance with Genesis Rehab Services' privacy policy. Genesis Rehab Services will not share, sell or rent your information to third parties.

Cancellation: Should you be unable to attend the course, please contact Faith Mandel no later than March 25, 2019. Cancellations received after this date will not be refunded. Genesis Rehab Services reserves the right to cancel the program if an insufficient number of participants have registered for the program and will refund the registration fee. Genesis Rehab Services is not responsible for reimbursement of non-refundable airline tickets, lodging or other related costs.

Special Accommodations: Attendees must inform Genesis Rehab Services in writing at least two weeks in advance of any special accommodations that are required. Genesis Rehab Services will make every effort to make reasonable accommodations.

Complaints: Any issues or concerns should be directed to the course coordinator (listed above). If this individual is unable to resolve the matter to your satisfaction, please send an e-mail to RehabEducation@GenesisHCC.com.



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

This program is offered for 0.1 AOTA CEUs. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

Content Focus: OT Process/Evaluation; Professional Issues/Contemporary Issues and Trends; Domain of OT/Context and Environment

Physical therapy continuing education credit: Approval has been acquired for select states. Please contact the course coordinator for specific information.

