



International Critical Incident Stress Foundation

3290 Pine Orchard Lane · Suite 106 · Ellicott City, MD 21042
www.icisf.org · (410) 750-9600 · info@icisf.org

RESILIENCE IN HEALTHCARE: PERFORMANCE, MEANING AND CONNECTION

Resilience is recognized as an important factor in sustained health and performance in the workplace. Recent changes in healthcare delivery, ethics, and technology present both stress and opportunities for personal and career development and finding meaning in one's work. The role of specific behaviors, values, mindsets and relationships in sustaining resilience is becoming more commonly appreciated.

This course will present the state of the field of resilience in Healthcare. It is designed for Nursing Professionals, Physicians, and Pre-hospital Providers, and all those who serve in healthcare today. Interactive exercises will assist in enhancing resilience from multiple perspectives. to elicit and teach the skills of resilience. The role of resilience training for new professionals, as well as the role of supervisors, mentors, and preceptors in enhancing resilience will be reviewed. The connection between resilience and expert performance and decision making will be discussed.

Program Highlights:

- The multiple perspectives of resilience in Healthcare
- The Practices of Resilience: Behavior, mindsets, values
- Resilience and performance
- The development of Resilient Professionals
- Supervisors and resilient staff development
- Mentoring / Preceptor strategies for Resilience
- Personal plan for building resilience
- Integration with training / continuing education

Successful completion of the Approved Instructor Candidate Program will allow you to teach this curriculum to others. Continuing education will be required to maintain your instructor status.



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Prerequisites for Participation in “Resilience in Healthcare: Performance, Meaning and Connection” Approved Instructor Candidate Program:

- ICISF Approved Instructor in good standing for either:
 - Group Crisis Intervention OR Assisting Individuals in Crisis (formerly known as Individual Crisis Intervention and Peer Support)
- Have taught no less than three Individual Crisis Intervention and Peer Support OR Group Crisis Intervention courses with good student evaluations.
- Minimum three years in Healthcare related occupation or setting.
- A letter of recommendation/endorsement from a local, state or regional CISM team or agency / institution dated within three months of application due date.
- A letter of recommendation/endorsement from a local, state or regional CISM coordinator or clinical director dated within three months of application due date.
- At least one of the letters of recommendation/endorsement must attest to the instructor candidate's teaching ability. If neither of the aforementioned letters can do so, a third letter must be submitted.
- A copy of a current CV or resume.
- A brief statement describing:
 - Workplace crisis intervention / Workplace violence experience
 - Instructional experience
 - Reasons for applying for ICISF Approved Instructor status
 - Plan for providing approved ICISF courses
- Completed online registration with \$50.00 USD application fee.
- Note the Resilience in Healthcare: Performance, Meaning and Connection course is NOT a prerequisite for the instructor program.
- Completion of the UMBC CISM Certification Exam <http://cism.umbctraining.com/>
Optional "CISM: A Practical Review" can be purchased here.