

TWO-HOUR LIVE WEBINAR

(REGISTRATION FORM)

STRESS RELIEF STRATEGIES FOR HEALTHCARE PROVIDERS ON THE FRONTLINES OF COVID-19

Please Check One Option Below:

LIVE WEBINAR:

Sun., Jan. 24, 2021, 1:00 PM – 3:00 PM, (Eastern Time)
or 12:00 PM – 2:00 PM, (Central Time)
or 10:00 AM – 12:00 PM, (Pacific Time)

Sat., Feb. 27, 2021, 1:00 PM – 3:00 PM, (Eastern Time)
or 12:00 PM – 2:00 PM, (Central Time)
or 10:00 AM – 12:00 PM, (Pacific Time)

\$39 – Pre-Registration Rate: Live Webinar with 2 contact hours.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

\$39 – DVD available for homestudy credit.

\$25 – DVD only without homestudy test.

*Please note special discounts for homestudy purchase are available for students who are registered for webinars. DVDs are available in approximately 30 days.

Name (please print) _____

Home Address _____

City/State _____ Zip _____

Work Phone _____ Home Phone _____

Fax _____

Email _____

Profession _____ License No. _____

Pharmacists only: NABP # _____ Date of Birth _____ mm / dd / yy

Payment by (please check one):

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Charge the amount of \$ _____
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There are four ways to register:

- 1) **Internet:** www.INRseminars.com
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 2 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 2 contact hours for nurses. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1) and the Iowa Board of Nursing (#288) for 2 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 2.6 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 2 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-20-053-L01-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRS

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 2 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 155241 and Performance Indicators: 3.3.5, 4.2.8, 4.2.9, and 6.1.2. CPE Level: I.



PSYCHOLOGISTS

Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs.

MARRIAGE & FAMILY THERAPISTS & MENTAL HEALTH COUNSELORS

Institute for Natural Resources (INR) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Institute for Natural Resources (INR) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0089. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors.

ADDICTION COUNSELORS

INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

Institute for Natural Resources (INR), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by ASWB. Institute for Natural Resources, #1356, 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 as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2019 – 02/28/2022. Social workers completing this course receive 2 continuing education credits.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.2 AOTA CEUs for this course. The classification for this course is OT Process. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 2 continuing competency units. The New York State Dept of Education has approved INR as a sponsor of continuing physical therapy education. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 2 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

MASSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider.



OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.

STRESS RELIEF STRATEGIES

FOR HEALTHCARE PROVIDERS ON THE FRONTLINES OF COVID-19

(A SPECIAL 2-HOUR INTERACTIVE LIVE WEBINAR)

SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live seminars yearly.

INR has no ties to any commercial organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standard, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

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STRESS RELIEF STRATEGIES FOR HEALTHCARE PROVIDERS ON THE FRONTLINES OF COVID-19

Frequently Asked Questions

Q: How can I take this Webinar?

- A live Webinar.
- An audio-visual DVD for home-study credit (valid for such professions such as nursing, dental, pharmacy, dietetics, occupational therapy, social work, and possibly other professions.)
Available 30 days after the Webinar.
- An audio-visual DVD without credit (available, for a reduced fee, 30 days after the Webinar).

Q: What do I have to do to complete the live Seminar/Webinar successfully?

To obtain the 2 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How long does it take to receive a Seminar/Webinar Completion Certificate?

At a live seminar, certificates are given out at the end of the seminar. With all other presentations (e.g., electronic), receipt of the certificate typically takes 3 to 5 days after all materials are submitted.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar (in effect a live broadcast of a seminar)?

You will receive a voucher equal to the tuition paid. This voucher will be good for a future seminar or Webinar. The voucher is good for one year.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at <info@inrseminars.com> or at 1-877 246-6336. The customer-service office can tell you if INR has approval for your profession

PROGRAM/LECTURE

HOOR ONE:

- The Problem - Briefly Address the Variety of Stressors Involved in the Following Groups: Secondary Trauma, Grief, Exposure/Isolation, Misc. (e.g., Lack of Resources).**
- Quick Coping Strategies for Anxiety, Frustration, and Fatigue.**
 - Applied Relaxation is Using Strategies without Stopping Your Flow of Activity.
 - Reminders - Ways to Remember to Utilize Your Strategies Frequently.
 - Strategies - You'll Learn Numerous Strategies Including Use of Process Words, Muscle Relaxation, Imagery and Many Ways to Quickly Access the Parasympathetic Nervous System. Learn Other Strategies to Relieve Stress Such As Worry Postponement and B3s/Better-But-Believable Thoughts.

HOOR TWO:

- The Value of Emotional Expression - Being Human.**
 - Allowing Primary (Healthy) Emotion Means Preventing Secondary (Unhealthy) Emotion - When to Cry and Healthy Ways to Express Anger and Frustration.
 - Mindful Acceptance of Emotion.
 - How to Compartmentalize in a Healthy Way.
 - Celebrate Victories and Use Humor.
- Compassion Fatigue and Self Care.**
 - The Role of Subjugation - Caregivers Give and Give and Rarely Receive.
 - Ask for Help - You Deserve It Now More than Ever. Practice Saying, "I want... or I need..."
 - Self-Care.
 - Stop the Pattern of Lateral Violence - Most Crucial Time to be Together and be Kind.
 - Value Your Contributions. You are Helping Even When You Feel Helpless. But Don't Let Your Role in COVID-19 Define Who You Are.

LEARNING OBJECTIVES

Participants completing this course will be able to:

- describe active relaxation and how to use reminders to stay calm and relatively relaxed.
- identify your best word to instantly feel more relaxed.
- identify at least five additional coping strategies that you can do without stopping work.
- explain the research on emotional processing. Explain why it is crucial to allow yourself to emote and name at least two ways you can do it.
- identify at least three things that you can and will do to take better care of yourself.
- outline how the information in this course can be utilized to improve patient care and patient outcomes.

COURSE DESCRIPTION

Overwhelmed, traumatized, and exhausted: This is a description of health professionals working on the COVID-19 frontlines.

Health professionals are putting their lives on the line. Many are quarantined from their families. Some have insufficient Personal Protective Equipment (PPE). They have insufficient resources for patients and are faced with "lose-lose" decisions. Many have to see an unprecedented number of patients suffer and die—sometimes even colleagues, friends, and relatives.

Time is short, so this brief, live webinar is packed with strategies to manage—during the COVID-19 crisis—a health professional's anxiety, fatigue, and grief.

Dr. Jennifer L. Abel, the course's instructor, is a clinical psychologist and an expert in the treatment of worry and anxiety. She will teach health professionals at least six effective coping strategies that health professionals can utilize without stopping the flow of work. Some of these strategies will also help to conserve energy and to manage fatigue.

While health professionals are strong, they are also human. The course will review the research supporting the release of healthy emotions. There will be advice on safely expressing these emotions.

This is the time for health professionals to learn to take care of themselves both during and after shifts.

Dr. Abel will help healthcare professionals obtain the help they desperately deserve.

INSTRUCTOR

Dr. Jennifer L. Abel (Ph.D) is an international speaker and scientist-practitioner who specializes in the treatment of anxiety disorders. She holds a doctorate in adult clinical psychology and has been in clinical practice for 30 years.

Dr. Abel served as the Associate Director of the Stress and Anxiety Disorders Institute at Penn State University. She has written several books, including "Active Relaxation" and "The Anxiety, Worry, and Depression Workbook." On her work in the field of anxiety and behavioral medicine, Dr. Abel has published many articles in professional journals.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.