

Preventing Provider Burnout 2024: Taking Time to Care for Ourselves

April 25–26, 2024

The Historic Brookstown Inn
200 Brookstown Ave.
Winston-Salem, NC 27101

Program Overview and Objectives

This retreat will focus on self-care and helping healthcare professionals prevent personal burnout in their care of others.

Upon completion of this program, participants will be better able to:

- Identify the benefits of mixed media art as a means of stress reduction.
- Recognize the hallmarks of languishing, burnout, and flourishing.
- Experiment with evidence-based strategies to cultivate well-being.
- Relate the usefulness of yoga practices as an adjunct for personal and professional wellness.
- Examine spirituality as a self-care technique for healthcare professionals.
- Identify and commit to incorporating at least two self-awareness practices into daily routines as demonstrated through personalized action plans.
- Practice and integrate at least three stress management techniques into daily life.

Who Should Participate

This program will be beneficial to nurses, psychologists, counselors, social workers, health educators, and other professionals interested in burnout prevention.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.

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Register Online at NorthwestAHEC.org/72136



Wake Forest University
School of Medicine

NORTHWEST AHEC
PART OF NC AHEC

Faculty

Paige Bentley, Ph.D., LCMHCS, ACC, SEP, RYT

Director, Counseling & Well-Being Services
Assistant Professor, Department of Psychiatry
Atrium Health Wake Forest Baptist
Winston-Salem, North Carolina

Lashanda Brown, NP, Ph.D.

Founder
Zen Minds @ Work
Asheville, North Carolina

Betsy Messick

Director, Art + Wellness and Community Outreach
Sawtooth School for Visual Art
Winston-Salem, North Carolina



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Program Schedule

Day 1: Thursday, April 25

- 8:30 am **Registration/Continental Breakfast**
- 9 am **Creative Exploration: Gem Tree Sculpting**
Betsy Messick
- 10:15 pm **Stretch Break**
- 10:25 am **Creative Exploration (continued)**
- Noon **Lunch** (included)
- 1 pm **Flourishing: Staying engaged, connected, and joyful in difficult times**
Paige Bentley, Ph.D., LCMHCS
- 3 pm **Adjourn**—See you in the morning after a good night's rest

Day 2: Friday, April 26

- 8:30 am **Registration/Continental Breakfast**
- 9 am **Pillars for Self Care: Awareness, Community, and Zen Management**
Lashanda Brown, NP, Ph.D.
Wingate M. Johnston Lecture
- 10 am **Stretch Break**
- 10:10 am **Burnout Prevention Toolbox**
Lashanda Brown, NP, Ph.D.
Please wear comfortable clothing and bring a shawl or blanket.
No prior yoga experience necessary.
- 11:30 am **Contemplative Tea**
Facilitated by Lashanda Brown, NP, Ph.D.
- 12:45 pm **Adjourn**

Credits

- 7.75 Contact Hours from Northwest AHEC
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 7.75 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.
- 7.75 Nursing Contact Hours
Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#), but note that not all programs offer all credits.

Location and Accommodations

The Historic Brookstown Inn
200 Brookstown Ave.
Winston-Salem, NC 27101
336-725-1120

Guests at the historic Brookstown Inn are invited to unwind with a free wine and cheese reception every evening and grab freshly baked cookies and milk before bedtime.

Call 336-725-1120 to receive group room rate of \$139.99 + Tax.

Must book by March 24, 2024 to receive group rate.



Cost and Registration

\$215— Individual rate

\$200— Group rate per person when three or more register together

Registration fee includes instructional and administrative costs, continental breakfasts and lunch.

Register and pay online at northwestahec.org/72136 or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, American Express and Discover) or Atrium Health Wake Forest Baptist internal transfer accepted online. Personal check, corporate check or money order accepted by mail.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

Refund Policy— Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100% refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

If you have not received your confirmation within 24 hours of the program date or have questions regarding the event, registration or fee(s), please contact Gail Pawlik at 336-713-7761 or email gpawlik@wakehealth.edu.

Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

For More Information and Assistance

We want to ensure all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please call Gail Pawlik at 336-713-7761 or email at gpawlik@wakehealth.edu least five working days prior to the program.

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Register online at northwestahec.org/72136 or use the form below

Registration Form

Please select registration fee:

- \$215— Individual rate
 \$200— Group rate per person when three or more register together

Primary Phone # (last 4 digits only): * required

Please check if needed:

- Vegetarian Meal
 Gluten-free Meal
 Vegan
 Lactation Room

First Name *MI* Last Degrees (e.g., MD)

Profession Job Title

Home Address City State Zip County

Home Phone Cell Phone

Employer

Employer Address City State Zip County

Employer Phone Employer Fax

Email required:

- Preferred Email Home Email Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

Ways to Register:

► [Register online at www.nwahec.org/72136](http://www.nwahec.org/72136) (recommended)

Visa, MasterCard, American Express and Discover accepted

Payment by check:

Make check payable to Wake Forest University Health Sciences and mail registration form(s) and payment to:
Wake Forest University School of Medicine / NW AHEC
Medical Center Boulevard, Winston-Salem, NC 27157-3311
Attention: Gail Pawlik

Atrium Health Wake Forest Baptist Internal Transfer:

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Comp Op Unit Cost Ctr NatAcct Program Fund (if applicable)

Employer will make payment. Supervisor completes below and faxes registration to 336-713-7701.

Supervisor's Name (Printed) Signature Phone

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.