

Department of Psychiatry

Grand Rounds

Mary Avis Weir Lectureship Series



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Director of Training and Program Evaluation

Mountain View Consulting

Clinician Wellness

Building Resiliency Day by Day

Tuesday

January 16, 2018

1:15 - 2:30

Rm 409L

School of Medicine



UT Health

San Antonio

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Financial Disclosure

Dr. Robinson has no relevant financial or nonfinancial relationships with any proprietary interests.

Learning Objectives

To describe self assessment tools and use them to determine:

- a. Sources and magnitude of stress
- b. Level of psychological flexibility

To describe 6 core psychological processes that support clinician resiliency and specific exercises designed to enhance resilience among the care team members.

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