

# Health and Resilience in a Rapidly-Changing World

## 10-Hour Continuing Education Course for Health Professionals: Live

**Dates:** October 29-31, 2021

**Time:** Friday 6PM-9PM, Saturday 9AM-5PM, Sunday 9AM-11AM

**Location:** Mercy Retreat Center, 535 Sacramento Street, Auburn, CA 95603

**Cost:** \$300 commuter, \$445 resident. Add \$50 for CE credit.

### Description

Health and resilience in our rapidly-changing world uses a systems view to expand our understanding of well-being beyond the homeostatic focus on mechanisms by placing health and disease on a continuum and considering individuals within their biopsychosocial-spiritual contexts. This program introduces foundational evidence-based principles that impact individual and interpersonal resilience from a system's view and provides practical skills based in positive psychology, cognitive behavioral therapy, and mindful living that support the brain-body's natural capacity to heal and adapt to new challenges in our ever-changing world.

### Objectives

At the end of the program, participants will be better able to:

1. Explain health and resilience with allostasis.
2. Explain the nature, importance, and indicators of biological rhythms.
3. Apply strategies for improving mood, health, and performance based on biological rhythms.
4. Describe strategies that initiate movement toward purpose, meaningful action, and a sense of belonging.
5. Describe key principles of individual resilience.
6. Utilize methods that expand physical, emotional and cognitive capacity.
7. Describe systemic factors affecting health and resilience.
8. Apply skills that increase social connectedness for interpersonal and systemic resilience.

• Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

• CE credits for psychologists are provided by the Spiritual Competency Academy (SCA) which is co-sponsoring this program. The Spiritual Competency Academy is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Spiritual Competency Academy maintains responsibility for this program and its content.

• The **California Board of Behavioral Sciences** accepts CE credits for **LCSW, LPCC, LEP, and LMFT** license renewal for programs offered by approved sponsors of CE by the American Psychological Association. • LCSW, LPCC, LEP, and LMFTs, and other mental health professionals from states other than California need to check with their state licensing board as to whether or not they accept programs offered by approved sponsors of CE by the American Psychological Association. • SCA is approved by the **California Board of Registered Nursing** (BRN Provider CEP16887) for licensed nurses in California. RNs must retain this document for 4 years after the course concludes. SCA is an approved CE provider for **National Board Certified Health and Wellness Coaches** (CEP Number 100196).

• For questions about enrolling in CE or receiving your Certificate of Attendance, visit [LemkeHealth.com](http://LemkeHealth.com) or email [LemkeHealth@gmail.com](mailto:LemkeHealth@gmail.com). For other questions about CE contact David Lukoff, PhD at [CE@spiritualcompetency.com](mailto:CE@spiritualcompetency.com)

## Our Brains Divine: Defining Health and Resilience

- Limitations of homeostatic model
- Principles of allostasis
- Physiological mechanisms of predictive adaptation
- Re-defining health
- Obesity, addiction and attention
- Evolutionary basis of purpose and meaning
- Reversing dysfunctional habits

## Our Body's Sacred Rhythms: Physiological Resilience

- Importance of biological rhythms
- Human body clocks
- Clock genes and chronotypes
- Social implications
- Implications for patients, healthcare providers, marginalized communities
- Intervention and Optimization

## The Wisdom of Emotions: Cognitive Resilience

- Principles of resilience
- Window of tolerance
- Response to stress and trauma
- Post-traumatic growth
- Expanding capacity to adapt
- Practical resilience skills

## Sacred Connections: Interpersonal Resilience

- Polyvagal theory and the science of connection
- Attachment theory
- Emotional contagion
- Cohesive function of connection
- The nature of networks and systems
- Ecopsychology

## About the Instructor



**Jessica Del Pozo, PhD** is a clinical psychologist who has worked in medical settings for the past 20 years. She has established and directed several functional pain management programs in physical medicine and gastroenterology, as well as provided integrative care within cardiology and primary care settings at Kaiser Permanente, the University of Miami, and Chapa De Indian Health. She has taught hundreds of workshops on various topics for patients and clinicians regarding the complex issues around pain and fatigue, stress, anxiety, depression, burnout, and coping with complex chronic medical conditions. She has studied biopsychosocial interventions for cardiovascular disease at Scripps Center for Integrative Medicine, including research on heart rate variability and coronary artery disease. She co-authored the book *The Gut Solution* that was featured on NPR's *Second Opinion* and a book of interest by IFFGD and presented at Digestive Disease Week. She now has a private practice for individuals, groups, public and private organizations specializing in health care providers, attorneys, and other professionals.