

SUSTAINABLE RESILIENCE

health, interconnection & growth

A Virtual 10-Hour Continuing Education Program for Health Professionals In Collaboration with Mercy Center Auburn Retreat & Conference Center

Join us to deepen your connection with your body, mind and spirit, your community, and the natural world to grow in personal resilience to flourish in a constantly changing world.

Part 1: An Emerging Health Paradigm: Allostasis

This course introduces allostasis (“stability through change”), which describes how the body adapts to maintain health in a constantly changing environment.

Part 2: Physiological Resilience: Sleeping and Waking Rhythms

This course will explain the essential nature of our biological rhythms, and describe the dramatic health consequences of rhythm disruption.

Part 3: Cognitive Resilience: The 7 Characteristics of Resilience

This course explores the nature of individual resilience in a destabilized world, identifies key characteristics of cognitive resilience and describes strategies for expanding emotional and spiritual agility.

Part 4: Social Resilience: Healing through Connection

This course situates resilience within the context of larger systems to describe the effects of stress on our nervous system and heal through social repair and connection.



PROGRAM FACILITATORS

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 studied biopsychosocial interventions for cardiovascular disease at Scripps Center for Integrative Medicine, and has taught hundreds of workshops on various topics for patients and clinicians.

Kevin M. Gallagher, JD, MS, is an attorney, author, and experience facilitator. He is the Director of Emergent Resilience, a non-profit organization that helps individuals and organizations build resilience through educational and experiential workshops, seminars and retreats. Kevin has trained with the Sati Center for Buddhist Studies, and the Center for Council, and the Work That Reconnects. Kevin has guided wilderness adventures on six continents, and is the author of *Hike the World*, and the forthcoming *Climate Rite*, an exploration of the emotional and psychological impacts of a climate changed world.

These teachings are appropriate for healthcare professionals as well as the general public.

SCHEDULE/COST

Virtual Workshop
(via ZOOM)
March 5, 12, 19 & 26, 2021
9:00am to 12:00 noon

\$300 (CE credits)
\$250 (general public)

For information on CE credits and registration visit: <http://www.mercycenter.org/continuing-education-program>

For registrants interested in staying at Mercy Center during this Zoom Workshop, please contact Robin Lionello at 530-887-2019.

Sustainable Resilience

A Virtual 10-Hour Continuing Education Course for Health Professionals

Dates: March 5, 12, 19, and 26, 2021

Location: Virtual

In collaboration with Mercy Center Auburn Retreat & Conference Center

Description

The systemic view of health expands the understanding of well-being beyond the homeostatic focus on mechanisms by placing health and disease on a continuum and considering individuals within their biopsychosocial contexts. This program introduces foundational evidence-based principles that impact individual and interpersonal resilience and provides practical skills based in positive psychology, cognitive behavioral therapy, and mindfulness practice that support the brain-body system's natural capacity to heal and to anticipate new challenges.

Objectives

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

1. Explain the key principles and applications of 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. Demonstrate methods that expand physical, emotional and cognitive capacity.
7. Describe external factors affecting individual health and resilience.
8. Assess the causes, symptoms, and responses to persistent toxic stress and apply strategies that support health and well-being.

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.

Continuing Education (CE) credits for psychologists are provided by the Spiritual Competency Resource Center (SCRC) which is co-sponsoring this program. The SCRC is approved by the American Psychological Association to sponsor continuing education for psychologists. The Spiritual Competency Resource Center 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.

LCSWs, MFTs, 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.

SCRC is approved by the California Board of Registered Nursing (BRN Provider CEP16887) for licensed nurses in California.

For questions about receiving your Certificate of Attendance, contact lemkehealth@gmail.com. For questions about CE, visit www.spiritualcompetency.com or contact David Lukoff, PhD at CE@spiritualcompetency.com.

An Emerging Health Paradigm

- 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

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

Cognitive Resilience

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

Interpersonal Resilience

- Polyvagal theory and the science of connection
- Attachment theory
- The nature of networks
- Tension between autonomy and belonging
- Cohesive function of connection
- Mirror neurons and emotional contagion
- Ecopsychology

About the Instructors



*Jessica Del Pozo, PhD is 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.



*Kevin M. Gallagher, JD, MS, is an attorney, author, and facilitator. He is the director of Emergent Resilience, a 501(c)(3) non-profit organization that helps individuals and organizations build resilience through educational and experiential workshops, seminars, and retreats. Kevin has trained with the Sati Center for Buddhist Studies, the Center for Council, and the Work That Reconnects. Kevin's work as a resilience facilitator is informed by a decade working in Washington, D.C. on climate change policy and international peace building issues. Kevin has guided wilderness adventures on six continents, and is the author of *Hike The World* and the forthcoming *Climate Rite*, an exploration of the emotional and psychological impacts of a climate changed world.*