

Building Connections: Peer Support as a Powerful Resource for Resilience

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Professional development and consultation to clinicians, administrators and institutions. Peer resource groups and individual consultation supported by Coverys, CRICO and CMIC for their insured clinicians.

Resources referenced in this seminar

Caplan A, Dean W, Talbot S. Clarifying the Language of Clinician Distress. JAMA. 2020;323(10):923-924: Moral injury in healthcare: www.fixmoralinjury.org

Kabat-Zinn, Jon; Mindfulness Based Stress Reduction (MBSR): www.mindfulleader.org. “The most scientifically tested and well-established mindfulness training program.”

Rossi, Rosemary; The Honor Project. <https://doi.org/10.1093/neuonc/nyy148.585>. Team-based intervention to honor grief through ritual and peer support.

Siegel, Daniel; Mind Training and Interpersonal Neurobiology; founder of Mindful Awareness Research Center UCLA: www.m.drdansiegel.com. Many resources to educate and support wellbeing.

Steffen PR, Austin T, DeBarros A, Brown T. The Impact of Resonance Frequency Breathing on Measures of Heart Rate Variability, Blood Pressure, and Mood. *Front Public Health*. 2017;5:222. Published 2017 Aug 25. doi:10.3389/fpubh.2017.00222

Stern, Edwin; Resonance breathing: “The Breathing App” (Available in app stores). Breathing practice to build physiologic resilience.

Three Good Things; Greater Good in Action: ggia.berkeley.edu. Exercise to foster positive emotion

Additional Resources

Vivek Murthy's new book, published April 2020: *Together; The Power of Human Connection in a Sometimes Lonely World*

<https://www.gold-foundation.org/newsroom/news/dr-vivek-murthy-the-power-of-human-connection/>

AMA Steps Forward CME series. Online training on professional wellbeing.

<https://edhub.ama-assn.org/steps-forward/module/2702556>