Promoting Resilience: Storytelling Rounds

Provided by ANPD/Sigma

Target Audience: All nurses from all specialties

Description: We are living and working in unprecedented times. All the world’s attention has turned towards our work as nurses. We are all facing stress, be it at work, home, or both. Please join us for the Promoting Resilience series to explore strategies to reduce stress and anxiety through mindfulness practice and self-reflection to promote connection, sharing of experiences, and building our resilience.

Promoting Resilience: Storytelling Rounds focuses on the ways that narrative techniques can be used to approach issues of burnout and moral injury within healthcare—and the ways that narrative work can support resiliency and self-care within clinical and non-clinical settings.

Outcome: 65% of participants will report that this session provides information that enhances, validates, or causes a change in practice.

Speakers:

1. Dennis Doherty, MSN, RN, NPD-BC--Dennis Doherty is a board-certified nursing professional development specialist at Boston Children’s Hospital, BCH. He facilitates and oversees nursing orientation and onboarding, coordinates the evidence-based practice mentorship program, facilitates interprofessional leadership development, and manages the organization’s healthy work environment initiative. In an effort to support his colleagues on the frontline at BCH, Dennis led the planning, development, and implementation of the three-part Promoting Resilience Webinar series. This series has been adapted to share with the ANPD and Sigma audience.

2. Ginny Lewis, MA, CCLS--Ginny works as the writer-in-residence for the Creative Arts Program at Boston Children’s Hospital. She is also the executive director of Writers Incorporated, a nonprofit dedicated to providing writing and book publishing opportunities to children and families coping with acute or chronic illness. Ginny has trained with Columbia University’s program in narrative medicine; she has a background in writing, child development and education.

3. Laki Vazakas, MA--Laki Vazakas is an Artist in Residence at Boston Children’s Hospital. He has produced collaborative videos with women in recovery, returning veterans, refugees, and people living with mental illness. His videos have been screened at the Whitney Museum, the Venice Biennale, and the Chicago Guild.