RESILIENCE PROGRAM

PROGRAM OFFERINGS

CU School of Medicine Residents, Faculty, Staff are invited to participate.

Online SNAP SHOT:
The Resilience Snap Shot is an online survey once completed will provide you with a brief overview of how you’re faring in three areas: Satisfaction in important domains of your life, your level of “Resilience” and how well you’re “Flourishing” overall. If you wish, your responses will remain completely anonymous. Once you complete the survey, within 7 working days, you will receive an overview report specifically designed for you.
Click here to access the CU Resilience Snap Shot Link.

Lunch time Resilience “Mini-Series”:
Each week one of three Resilience mini-series topics will be presented in a brief (50 minute) noon time format. The topics (“Mini-Mindfulness,” “Putting Joy and Gratitude to Work,” “Finding Your Values Compass”) will be presented on a rotating basis. This is the perfect opportunity to sample some of the Resilience program offerings.
Click here to learn more about the topics and view the schedule.

Koru Mindfulness:
Koru is a 4-week mindfulness course that was developed by two physicians at Duke University where it has become a very popular program. Koru has been empirically tested in a randomized, controlled trial and found to have significant benefits on sleep, perceived stress, mindfulness, and self-compassion. Koru participants taking the class here at CU are enjoying similar benefits.
Click here to learn more about Koru Mindfulness and view the schedule.

Peer-to-Peer (PTP) Network:
The PTP Network is a volunteer-based peer support program. The program will match campus providers who have experienced an adverse clinical event with a peer supporter and create a confidential, non-punitive space to discuss the experience. The program does not include formal behavioral health counseling, risk management or systematic problem-solving. However, the program is designed to work in conjunction with existing programs on campus to support and educate providers about the emotional effects of clinical adverse events.
For more information about the peer to peer network email peersupport@ucdenver.edu or call us at the Resilience Program office at (303) 724-1944.

Individual Resilience Consultation:
The Resilience consultation is a meeting with a licensed psychologist who works with the SOM Resilience program. Although we may provide assistance in finding therapy resources, the session is not “therapy.” Rather, it is an overview of life balance and level of personal resilience and wellness. The Resilience Consultation goal is to identify strategies and ideas for addressing specific needs of the individual.
For more information about the individual consultation email Abbie.Beacham@ucdenver.edu or call us at the Resilience Program office at (303) 724-1944.

Have a specific program question or want more information? Contact us at Resilience@UCdenver.edu.

To join our mailing list, click here!

WWW.MEDSCHOOL.UCDENVER.EDU/RESILIENCE