
Learning Hub: Supporting Provider Wellbeing

Curious about the Psych Hub digital learning experience? Start streaming on-demand video content today by accessing an open course developed in tandem with the Nathanson Family Resilience Center through UCLA Health. Gain valuable insights on resilience in workplace settings, including navigating challenging interpersonal conflicts, managing high-stress environments, and preventing occupational burnout – all at no cost to you. As employers cultivate a strong, competitive workforce, they also seek solutions to address workplace stress and mental health at-large. By cultivating a culture of resilience – or the ability to bounce back and excel after confronted by challenges – each workplace will ensure an environment of greater well-being, creativity, higher job satisfaction, and organizational commitment.

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LEARNING HUB OVERVIEW

- **Estimated Course Length:** 1 hour 45 minutes
- **Target Audience:** General Audience
- **Level of Instruction:** Intermediate
- **Prerequisite:** None
- **Instructional Method:** Self-paced; interactive; hybrid of audio, text, video, and learning checks
- **Accessibility Accommodations:** Closed captioning of audio and video components. *In order to request further accessibility accommodations, please email support@psychhub.com.*
- **Cost:** FREE
- **Registration:** To enroll in this or any other Psych Hub Learning Hub, go to lms.psychhub.com, click “Log In” to create a new account or access your existing account, return to lms.psychhub.com to access a list of Learning Hubs, click the title of the Learning Hub in which you are interested, and follow the instructions on the page.

LEARNING OBJECTIVES

After completing this course, you will be able to describe and employ the following:

1. Describe and summarize the benefits of resilience in comparison to the risk factors associated with lowered professional wellbeing, including secondary traumatic stress and moral injury.
2. Describe and apply cognitive appraisal and the cognitive triad as tools for emotion regulation as well as common thought distortions that apply to the workplace.
3. Discuss and summarize effective workplace communication strategies, boundary-setting skills, and resilience-building resources.

MODULE OVERVIEWS

Module 1: Self Awareness

Topics include:

- The signs and symptoms that might affect wellbeing
- Evaluating emotional states
- Practicing self-reflection as a way to build self awareness

Module 2: Emotion Regulation

Topics include:

- The role of stress in emotion dysregulation

- The connection between thoughts, feelings and actions
- Applying tools of emotion regulation to positively impact wellbeing

Module 3: Effective Communication

Topics include:

- The challenge of communicating under stress
- How effective communication can positively impact the wellbeing of self and others
- Application of effective communication techniques

Module 4: Boundary Management

Topics include:

- How challenges with boundary management can lead to burnout, secondary traumatic stress and moral injury
- Application of strategies for effective boundary management

Module 5: Professional Wellbeing

Topics include:

- Work-related obstacles to wellbeing
- How core skills work together
- Review of key concepts from the course

COURSE COMPLETION REQUIREMENTS

To complete the course, learners must do the following:

- Take the pre-course assessment (no score requirements)
- Review all modules
- Take the post-course assessment (passing score: 85% or higher*)
- Complete the course evaluation

**Learners may attempt the post-course assessment as many times as necessary to receive a passing score.*

TIMED COURSE OUTLINE

Since the course is interactive and each learner will proceed at their own pace, timing is not exact. These are approximations based on average pre/post-test time of pilot testers as well as the run-time of course videos and voiceover. This course does not have to be completed in one session.

Course Activities (≥ 1 hour 49 minutes)

- Pre-Course Assessment (9+ minutes)
- Prologue (3+ minutes)
- Self Awareness (14+ minutes)
- Emotion Regulation (24+ minutes)
- Effective Communication (18+ minutes)
- Boundary Management (16+ minutes)
- Professional Wellbeing (16+ minutes)
- Post-Course Assessment (9+ minutes)

Post-Course Activity

- Participant Evaluation (5-10 minutes)

Obtaining Certificates of Completion

After completing the pre-course assessment, reviewing all modules, completing the post-course assessment with a score of at least 85%, and completing the participant evaluation, learners will automatically receive a certificate of completion.

ACCESSIBILITY ACCOMMODATIONS, GRIEVANCES, & REFUNDS

Psych Hub's Grievance Policy, which includes information on filing grievances, requesting a refund, and requesting accessibility accommodations, can be found by clicking [here](#) or navigating to the footer of lms.psychhub.com.

SYSTEM REQUIREMENTS

Accessing this Learning Hub requires an internet connection. The following technology can be used for access:

Operating Systems

- Windows 7/8/10, any edition
- macOS 10.6 and above
- Any phone or tablet with an internet browser and connection

Internet Browsers

- Any standard internet browser (i.e. Chrome, IE, Firefox, Edge, Safari)

ADDITIONAL INFORMATION

Conflict of Interest Disclaimer

Psych Hub receives financial support from organizations in the healthcare industry, but these entities do not control or direct course content. Psych Hub's Conflict of Interest Policy can be found in the footer of lms.psychhub.com.

Course Creation Date

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