

FREE  
COMMUNITY EVENT

# Virtual Psychiatric Grand Rounds

APRIL 2024

Santa Barbara Cottage Hospital  
Psychiatry and Addiction  
Medicine Department invites  
you to virtually attend its April  
2024 presentation.

Please register at:

[cottagehealth.org/  
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive  
a confirmation email containing  
information about joining the  
training.



# Deep Resilience: When Self-Care is Not Enough

Tuesday, April 23, 2024

Noon to 1:30 p.m. (No meals or breaks provided)

## SPEAKERS:

Michael K. Kearney, MD and Radhule Weinger, MD, PhD

## COURSE DESCRIPTION:

Sometimes traditional and even newer approaches to self-care are not enough. Despite an increased awareness of a rise in occupational stress syndromes (burnout, compassion fatigue, moral distress syndrome) a recent meta-analysis of physicians showed a prevalence of occupational stress syndromes of over 60%. In this presentation, we will review this data and present a model of deep resilience, which draws on deep ecology and Buddhist psychology.

## LEARNING OBJECTIVES:

- Define three different occupational stress syndromes.
- Describe two models of self-care and a model of deep resilience.
- Explain specific measures and practices to promote deep resilience.

**RADHULE WEINGER** is a clinical psychologist and teacher of Buddhist meditation and Buddhist psychology. She is the co-founder and guiding teacher of the nonprofit Mindful Heart Programs, which offers a safe refuge for meditation and education programs in mindfulness, meditation and nature connection in the Santa Barbara area.

**MICHAEL KEARNEY** has worked for over 40 years as a palliative care and hospice physician, sitting at the bedsides of people who are seriously ill and dying. He is also the co-founder of the nonprofit Mindful Heart Programs. He recently retired from his full time clinical work to dedicate himself to teaching

through the newly founded Becoming Forest Project.

Dr. Weinger and Dr. Kearney spearheaded the Solidarity and Compassion Project whose vision is to nourish and sustain those who support the most vulnerable in our society. They are both published authors, teachers and well known speakers in the Santa Barbara community.



Dr. Michael Kearney and Dr. Radhule Weinger

# Virtual Psychiatric Grand Rounds

## PROGRAM COORDINATOR

Paul Erickson, MD

## ADMINISTRATIVE COORDINATOR

Frances McKinney

## EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN  
Tamara Norton, MHS, CPCS

## TARGET AUDIENCE

Addiction Counselors  
Clinical Nurse Specialists  
Counselors  
Marriage & Family Therapists  
Nurse Practitioners  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants  
Other Mental Health Professionals  
Pharmacists  
Psychologists  
Psychotherapists  
Social Workers

03/2024 RLC

## CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

**LMFTS, LCSWS, LPCCS AND LEPS:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

**REGISTERED NURSES (RNS):** Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

**CERTIFICATES:** Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

## FOR PHYSICIANS AND PSYCHOLOGISTS

**PHYSICIANS:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at [tnorton@sbch.org](mailto:tnorton@sbch.org) and 805-569-7245.

## Notes

**GRIEVANCES:** Contact the Education and Nursing Professional Development Department at 805-569-7325.

**SPECIAL ACCOMMODATION:** If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

**DISCLOSURES:** The planners and speakers of this live internet activity have stated that they do not have any relationships with ineligible companies. This activity did not receive commercial support.