

ASCO[®]

Resilience Skills Training Program

Facilitator Manual: Overview of Session Guides

Facilitator Manual

OVERVIEW OF SESSION GUIDES

Introduction

The field of mental health offers a few concepts that bring healthy practice to all of us: mindfulness practice and dialectical thinking.

Share with participants that the course follows many principles that promote wellness and balance. Emotional well-being is often described as our ability to have flexibility and range in our emotional field. Emotional well-being is affected by our ability to coach ourselves, to move our attention where it is needed, and to either stay in an emotion, go closer, or maybe move away from emotion depending on our goal. Emotional well-being also requires that we cultivate an awareness of ourselves in our everyday lives, promote resilience, build positive emotions.

The goal of the Resilience Skills Training Program is to improve physician wellness in oncology through a proactive, burnout prevention approach. The Resilience Skills Training Program targets current trainees to help create a culture change surrounding wellness, burnout, and resilience in oncology. The program consists of eight modules and each session addresses a specific resilience skill.

- Identifying Strengths and Utilizing Them
- Your Resilience Zone – Activation
- Recognizing Cognitive Distortions
- Mindfulness
- Self-compassion
- Setting Healthy Boundaries
- Finding Meaning in Your Everyday Work
- Building Self-Care and Resilience into Your Life

Purpose

The Session Guides provide a step-by-step guide for every session, with notes for facilitators.

Principles

- Each session has a consistent structure, and different content.
- The 8 sessions offer a repertoire of skills, each backed with evidence & experience.
- Each session is focused on a common clinical challenge and matches a skill up with that clinical challenge. There is an exercise for each session to provide an experience of trying the skill.
- There is practice after each session: the principle is that hearing about what to do isn't enough—all of us need to practice.
- For each session there is a suggested practice, that over time, will create a series of practices that can be used over the course of each day.
- These sessions are intended as an introduction to skills that can be used, renewed, and revisited over a career. We don't expect that the skills can be mastered in one session. Some skills may resonate with participants more than others.
- The system issues that contribute to burnout will be mentioned and covered in a separate session, but the overall focus of this course is at the individual level. We think that good individual skills make it more possible to have system-level impact.

Session Structure

- Each session is designed to last 60 minutes.
- Each session has a standard structure:
 - **Check-in** (10 min) = brief reports on practice from past session
 - **Reflect** (10 min) = a discussion question to start the session topic & skill
 - **Learn** (10 min) = a didactic presentation about the session topic & skill
 - **Try** (20 min) = an experiential exercise where learners try out the skill
 - **Prep** (5 min) = learning partner pairs plan how they will use the skill (includes 5 min of large group troubleshooting)
 - **Check-out** (5 min) = a quote to close, and a word of the day from every person