Pandemic Acceptance & Commitment to Empowerment Response Intervention for Healthcare Providers (PACER-HCP)

ARE YOU A HEALTHCARE PROVIDER OR HOSPITAL STAFF IMPACTED BY COVID-19?

You are invited to join our online training program to help you cope and build resilience!

Feeling stressed by COVID-19? Taking sick days to recuperate? Trouble sleeping? Having anxiety, angry outbursts, or depressed mood?

-OR-

Maybe you want to improve your psychological flexibility and enhance your resilience in the face of the pandemic?

Health Care Providers (HCPs) and hospital staff can participate in the Pandemic Acceptance and Commitment to Empowerment Response Intervention for Healthcare Providers (PACER-HCP) - a targeted online training to enhance resilience, and develop Mindfulness, Acceptance and Commitment Therapy (ACT), and Group Empowerment Psychoeducation skills. You will also have the opportunity to facilitate future groups!

What will I have to do?

- Complete 6 weekly online self-learning modules
- Attend weekly online facilitated group discussions with other participants
- Complete pre-, post-, and follow up questionnaires to evaluate program effectiveness
- Attend a focus group after the intervention (optional)

When?

This round of training will begin mid-August 2020.

Group discussions will be held weekly on Wednesdays from 8:00 – 9:30pm or Saturdays from 3:00 – 4:30pm.

Eligibility

- at least 18 years of age
- a healthcare provider or staff working in a health or social care setting
- fluent in English

Your participation in this training is completely VOLUNTARY. Any information shared will be kept strictly CONFIDENTIAL. Information will NOT be shared with your employer. All participants will be asked to sign a confidentiality agreement.

If you would like to participate please email: pacerhcp@projectprotech.ca
If you have any additional questions about the program please contact:
- Co-I: Dr. Jenny Liu, Postdoctoral Fellow, UHN email: jenny.liu2@uhnresearch.ca
- Principal Investigator: Dr. Kenneth Fung, Staff Psychiatrist, UHN email: ken.fung@uhn.ca

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