

[Click here to register for the CE-approved seminar series for ONLY \\$199.00](#)

Cultivating Resilience for APP Postgraduate Trainees and Staff

SESSION	LEARNING OBJECTIVES
<p>Session #1: An Invitation to Mindfully Stress-Less Thursday, November 14, 2024; 3–4 p.m. EDT <i>What are you thinking about right now? Dwelling on past regrets or worrying about the future?</i> Discover how mindfulness and meditation can relieve stress and cultivate resilience.</p>	<ol style="list-style-type: none"> 1.) Explain the relationship between mindfulness and meditation. 2.) Practice meditation. 3.) Identify symptoms of stress and burnout. 4.) Share ways to refresh oneself at work. 5.) Recognize the impact of self-care on patient-care.
<p>Session #2: Cultivating Kindness and Your Own Self-Compassion Thursday, January 16, 2025; 3–4 p.m. EDT <i>Are you as kind to yourself as you are to others? Who cares for the caregiver?</i> Research studies support the benefits of knowing how to calm and befriend yourself, especially during challenging times. We will explore ways to loosen the reins of self-judgment and impossible expectations.</p>	<ol style="list-style-type: none"> 1.) Describe the symptoms of burnout and compassion fatigue. 2.) Identify three elements of self-compassion. 3.) Practice the loving kindness meditation. 4.) Share ways to cultivate kindness and nourish self-compassion. 5.) Acknowledge the impact of self-care on patient-care.
<p>Session #3: Gaining Your Foothold When Things Fall Apart Thursday, April 17, 2025; 3–4 p.m. EDT <i>Everything rises. Everything falls away.</i> Searching for guideposts during shaky times of uncertainty? Totally normal! We tend to live with the illusion that we can control and predict the narrative of our lives. The reality is we all encounter inexplicable changes...some small; some life changing. Discover footholds to lighten the load when things fall apart.</p>	<ol style="list-style-type: none"> 1.) Understand the natural flow of the change cycle. 2.) Identify a mindfulness way to handle uncomfortable emotions. 3.) Practice meditation. 4.) Be familiar with the Triangle of Awareness.
<p>Session #4: The Power of Gratitude: Some People Say It's Vitamin G Thursday, June 19, 2025; 3–4 p.m. EDT <i>Have you had your Vitamin G today?</i> According to the Stoic philosophers, gratitude is one of the highest virtues. Research studies suggest that adults who frequently feel thankful have more energy, more optimism, more social connections, earn more money, sleep more soundly, exercise more regularly and have fewer health complaints. We will discover specific tools for cultivating the attitude of gratitude.</p>	<ol style="list-style-type: none"> 1.) Describe the categories of gratitude. 2.) Explain the main obstacles for expressing gratitude. 3.) Practice meditation. 4.) Identify specific ways to nurture the process of gratitude.



Sharon Gutterman, PhD is an experienced and inspiring guide in ways to live mindfully with less stress and increased well-being. Her integration of life experience and dedication to lifelong learning provide a blend of wisdom, sensitivity, humor, and passion.

With a PhD in medical education, Dr. Gutterman's primary interest is in provider wellness, with a special focus on residencies and internships...the bridging experience. She has consulted and taught at Yale New Haven Medical Center, UConn Health Center, Connecticut Children's Hospital, St. Jude's Global Scholar Physicians, PA program at St. Joseph's University, St. Francis/Trinity Health System, Hartford Healthcare, Bay State Medical Center.

Sharon's diverse experiences include consulting and teaching in higher education, schools, corporations, non-profit agencies, correctional institutions, retreat centers, police academy, and on cruise ships. Her mantra: ***The quality of care we give to others is related to the quality of care we give to ourselves.***