

Health Care Professional Support Group and Educational Series

Even before Coronavirus hit, working in the healthcare field was emotionally and physically exhausting. In our time, there has never been a more stressful and potentially dangerous time to work in healthcare.

First Responder/Health Care Professional work is EXHAUSTING – Long shifts, constant changes, difficult patients, physical demands, patient turnover, high stress and let's not even talk about the risks of bodily fluids and pushy visitors.

Healthcare work, especially during COVID-19 can impact your mood and wellness. Are you feeling burned-out, frustrated & apathetic? Are you sick of people saying, "practice self-care"? Are you chronically fatigued, sore and wish you had become a librarian? Are days off spent sleeping and recovering? Does the idea of screaming out loud sound appealing?

If YES, we invite you to Learn with LifeBack, and join us for a wellness support group & workshop. Build resilience & the ability to effectively manage high stress. Each group will be facilitated by two seasoned, passionate, and lighthearted therapists and social workers for the first six weeks. Check out www.lifebacknj.com

- **Melissa Straker, MA, LPC** : 14+ years' experience with a multitude of populations, including first responders, individuals with PTSD, and domestic violence.
- **Jennifer Boccanfuso, MA, EdS, LPC, LCADC** 19+ years' experience working with patients to help them regain control of their thoughts and emotions with awareness and mindfulness strategies.
- **Marcia Mackillop, LCSW** with 7 years' experience and a master's in divinity.
- **Julie Tokar, LSW** with a master's degrees in clinical social work from the University of Pennsylvania with experience with cognitive behavioral & mindfulness.

6 Week Workshop Series

Day & Time– TBD

The weekly 90-minute tele-health support group & workshop will be structured as follows:

Warm up, breaking the ice (yes, we know, for kids, but it will be fun we promise)

GOAL - Presentation or Topic Discussion

Support Discussion

Goal Declaration and Wrap Up

Week 1 – As if my job were not stressful enough, Thank you Global Pandemic
Making space to acknowledge and express stress, fear, anger, and loss - Learn the RAIN technique

Week 2 – Feelings AREN'T a light switch? The First Responder/Health Care Professional Paradox.
When strengths are weaknesses and weaknesses are strength – now, that doesn't make sense?

Week 3 - Ouch that is HOT, Am I burning out? - Putting the fire out, exploring and restoring resiliency

Week 4 - ENOUGH about SELF CARE, who has time for that! Give me the good stuff!
Practical, Possible, Positive Processing

Week 5 – P, T, S, WHAT – I do not have vicarious trauma, I do not have compassion fatigue, DO I?

Week 6 – REALLY PEOPLE – finding humor and joy in the chaos
Letting it out, letting go, leaning in and laughing out loud.

Cost per week (not per person)

- **Weeks 1-2:** No cost
- **Weeks 3-6:** \$250/weekly
- **Ongoing support:** \$300/weekly