

# Caring Safely Module 10-1

## The Concepts of Caring Safely

[www.CaringSafely.org](http://www.CaringSafely.org)

1

## In This Module

- Caring Safely - Coaching Program
  - Content and Process
  - Educational, Skill Building, Behavioral
- Resilience and Resiliency Skills
- Researching Resilience

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2

# Caring Safely Coaching Content and Process

- Content: What you are teaching
  - Lecture
  - Videos
  - Strategies - Handouts
  - Audio Practices
- Process: How and why you are teaching
  - Type of Learning Environment: Online Video, Live Q&As, Group, Email – extended time period
  - Stages of Change and Motivational Interviewing
    - Delivery was designed to move people through behaviour change by creating internal motivation for change and support along the way.

# Caring Safely Workshop

- Content: What you are teaching
  - Lecture
  - Videos
  - Strategies - Handouts
  - Individual, Dyad, Large Group practice/discussions
- Process: How and why you are teaching
  - Type of Learning Environment: Live, on location, time limited.
  - Stages of Change and Motivational Interviewing
    - Delivery was designed to move people into change with education and knowledge of how to change
    - No ongoing support or accountability

# Factors in Resilience

## Factors in Resilience

A combination of factors contributes to resilience....having caring and supportive relationships within and outside the family. Relationships that create love and trust, provide role models and offer encouragement and reassurance help bolster a person's resilience.

### Several additional factors are associated with resilience, including:

- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

- American Psychological Association

# Resiliency Skills

- Internal Locus of Control
- Solution Focused Thinking
- Positive Mental Attitude
- Non-Reactivity/Emotional Regulation
- Relaxation Skills
- Spirituality
- Self-Care/Nourishment
- Connection with others
- Conflict resolution skills

# Research Resilience

- Learn more about resilience

American Psychological Association – The Road to Resilience

*Article: Promoting Resiliency among Palliative Care Clinicians: Stressors, Coping Strategies and Training Needs*

- Find research as it applies to resiliency skills in your niche

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