

# REGISTER NOW!

## Staff Wellness & Health Booster Session

### March 2023



## Understanding the Impacts of Potentially Psychologically Traumatic Events

Over the past several years we have all had to adapt to changes in our workplace, our homes and with our social connections. These changes can sometimes feel overwhelming.

To support health system workers, Mental Health and Addictions, Shared Health have brought together skilled trainers from across the province to facilitate a series of Staff Wellness and Health Booster Sessions.

The sessions are short, timely and relevant presentations designed to fit into busy schedules. Topics will include stress management, self-care and dealing with uncertainty. All Booster Sessions will be recorded and made available as a streaming video on demand.

### Session Description

Potentially psychologically traumatic events (PPTe) can impact employees across the entire healthcare system. As managers and supervisors, it is critical to understand not only what is considered a PPTe, but also the individual and organizational impacts of PPTes.

In this session, we'll define PPTe and identify the signs and symptoms of a PPTe response. We'll explore practical strategies that you can use both personally and professionally to foster wellness at work and, in turn, promote wellness in the workplace.

### Presenter

**Susan Rabichuk PhD (c),MSW, RSW**

Welcome! With a clinical social work background, my specialty is mental health and crisis work using social justice, anti-oppressive, and decolonizing lenses. I work with communities, workplaces, and individuals to help them build capacity and achieve their goals. My research and program development focuses on how larger systems impact individuals. I use a holistic lens to explore and provide evidence-based recommendations for organizational, departmental, and individual actions aimed at improving workplace mental health and wellness.



### Session Dates

#### Live Session:

[Monday, March 27, 12 p.m.](#)

#### Rebroadcasts:

[Thursday, March 30, 4 p.m.](#)

[Sunday, April 2, 3 p.m.](#)

[Tuesday, April 4, 12 p.m.](#)



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The [Mental Health and Wellness Resource Finder](#) provides a number of mental health, wellness and addictions supports and resources for you and those you care about.