Beyond Burnout: A New Approach to Self-Care During the COVID-19 Pandemic

Online Training October 9, 2020

The Center for Victims of Torture, The Harvard Program in Refugee Trauma and William James College are excited to provide an eight-module online CE course (3 Credits). This course will provide you with skills and knowledge to become a leader during this pandemic. The eight-modules include:

**Introduction** (CVT, ORR, HPRT)

**Impact of the COVID-19 Crisis on refugees, torture survivors, asylum seekers and the impact on health and mental health care providers and case workers**
Presenter: Dinali Fernando, MD, Libertas Center for Human Rights, Elmhurst Hospital, Queens, NY

**Principles and Practices of Self-Care: Introducing the New Harvard Program in Refugee Trauma (HPRT)**
Self-Care Protocol, Toolkit and PocketCard
PART 1—Presenter: Richard F. Mollica, MD MAR, HPRT, Cambridge, MA
PART 2—Presenter: Eugene F. Augusterfer, LCSW, HPRT, Cambridge, MA

**Principles and Practices of Self Care: Covid-19 Pandemic and Racism**
Presenter: Dr. Rev. Frederick (Jerry) Streets. Former Chaplain at Yale; Columbia University School of Social Work; Senior Pastor, Historic Dixwell Avenue Congregational Church, New Haven, CT

**Reducing Health Disparities During the COVID-19 Crisis**
Presenter: Jill Bloom, PhD, Co-Director, Center for Multicultural and Global Mental Health; Director, Concentration in Global Mental Health; Professor, Clinical Psychology Department, William James College, Newton, MA.

**SMART Model: Stress Management and Resiliency Training Model**
Presenter: Professor Gregory L. Fricchione, MD, Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital, Boston, MA

**COVID Stress Syndrome; Impact on Torture Survivors and Staff**
Presenters: Richard F. Mollica, MD MAR, HPRT, Cambridge, MA; Eugene F. Augusterfer, LCSW, HPRT, Cambridge, MA; Dinali Fernando, MD, Libertas Center for Human Rights, Elmhurst Hospital, Queens, NY

**Conclusion**: Huy Pham, NCB Program Manager

Please register immediately!
https://www.cvent.com/d/c7qwp2

There will be a small non-refundable fee of $75

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Benefits of the program include:
- Able to acquire CE credits from the comfort of your home or office.
- Timely information for immediate use in the field
- Top lecturers from premier organizations
- Course is for anyone who works with victims of torture

This course is a joint collaboration between:

The Center for Victims of Torture

The Harvard Program in Refugee Trauma

William James College

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