CDP Presents How positive psychology can enhance the performance and well-being of service providers

In this 90-minute webinar, participants will learn 3 positive psychology concepts and how they can be applied to enhance one's well-being, resilience and performance when working with service members and veterans. The session will describe the concepts of optimism, gratitude and active constructive responding. It will review the empirical background on how all three concepts relate to psychological well-being, resilience, performance and strong relationships. Participants will leave with actionable strategies to apply each concept in their personal and professional life

Target Audience: For behavioral health/healthcare providers who treat military personnel, veterans, and their families.

Instructional Level: Introductory

Learning Objectives:

Attendees will be able to:
- Describe the background of positive psychology and the empirical support behind the concepts of optimism, gratitude and active constructive responding.
- Learn coaching questions to develop a more optimistic mindset in oneself and others.
- Develop a gratitude practice to buffer against stress and increase well-being.
- Recognize opportunities to apply ACR in personal and professional settings to build trust and strong relationships
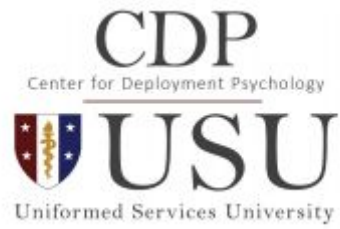
Agenda for CDP Presents Webinar

Webinar room prep and Lobby time	**11:30am - 12:00 PM**
Welcome to CDPP and Speaker Intro	**12:00pm - 12:05 PM**
Speaker Presents	**12:05pm - 1:25 PM**
Question and Answer and Admin	**1:25pm - 1:30PM**

Location Information

Address:

https://deploymentpsych.ce21.com/item/cdp-presents-positive-psychology-enhance-performance-wellbeing-service-providers-59777

July 23, 2020, 12:00 PM - 1:30 PM Eastern time

Participate

Registration Information:
Participants can register via the link provided above, utilizing the CE21 system.

Cost/Refunds: Zero cost, no refund policy

Special Accommodations:

If you require special accommodations due to a disability, please contact Micah Norgard at mnorgard@deploymentpsych.org 2 weeks prior to the training so that we may provide you with appropriate service.

Presenter

Dr. Gabe Paoletti is a Mental Fitness Scientist at the Uniformed Services University's Consortium for Health and Military Performance (CHAMP). He serves as a Subject Matter Expert in mental skills, positive and performance psychology, resilience, and leadership. Dr. Paoletti translates basic and clinical research to create culturally appropriate, evidence-based, impactful written and multimedia educational resources and presentations as part of the human Performance Resources by CHAMP (HPRC) team. Gabe has presented to Army, Navy, Air Force, Marines and Coast Guard audiences as well as to leaders at the Pentagon. In his previous work, Gabe has conducted training internationally for government, education, health care and business leaders as well as professional sports teams.

Continuing Education

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

The Center for Deployment Psychology offers attendees 1.5 credit hours for participation in this training. Participants attending events in person are required to sign-in at the start of the training and sign-out at the conclusion of the training in order to attain CE credit. Participant attendance data will be collected electronically during webinars. There is a 30-day time limit post-training to complete all CE requirements. Partial credits cannot be issued. Inquiries regarding CE credits may be directed via email to micah.norgard.ctr@usuhs.us

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