

Resilience and Wellness

With Ann Marie Roepke, Ph.D.

December 16th, 2020 | 12:00-1:00pm (PT)

About the webinar

These are strange and frightening times. The global outbreak of COVID-19 has impacted daily life in profound ways. An economic recession, political strife, and the toxic impacts of racism weigh heavily on many. And those of us who work in the “helping professions” have the honor and the burden of caring for others in the midst of all these challenges. More than ever, we need the skills and the relationships that help us to be resilient: to make it through hard times with the least suffering and the greatest well-being possible. In this webinar, we will explore strategies for building up our resilience as we manage the impact of the coronavirus pandemic and associated challenges. Topics we will cover include reconnecting with values, meaning, and purpose; finding self-compassion during tough times; and maintaining motivation to take care of ourselves in the ways that work for us.

Objectives: At the end of this training participants will be able to:

- 1) Define resilience
- 2) List three strategies for fostering resilience
- 3) Describe how reconnecting with our values can be useful for managing anxiety
- 4) Explain what self-compassion is and how it can be helpful as we face challenges

Please note: This webinar is offered for educational and informational purposes only, and it not intended as a healthcare service, medical advice, diagnosis, treatment, or establishment of a doctor/patient relationship.

When: Wednesday, December 16th, 2020
12:00-1:00pm (PT), 11:00am-12:00pm (AKT)

Presenter: Ann Marie Roepke, Ph.D.

Technology: This webinar will use the [Zoom](#) platform. Instructions on how to connect will be provided by email when you register.

Register here: bit.ly/WellnessWebinar_December16

About the presenter



Ann Marie Roepke, Ph.D. (she/her),

is a clinical psychologist. She is a trainer and regular consultant for the Northwest ATTC and other organizations. Her areas of expertise include resilience, well-being, stress management, workplace communication, motivation, cognitive-behavioral therapies, and the impact of trauma – including both post-traumatic stress and post-traumatic growth. Dr. Roepke is focused on helping people survive, and perhaps even thrive, during/after challenging circumstances. She routinely trains and consults on topics including resilience, self-care, and burnout prevention; workplace communication; and evidence-based practices. She is passionate about using interactive learning approaches to empower professionals to effectively help others while improving their own well-being. Dr. Roepke earned her doctorate in psychology at the University of Pennsylvania Positive Psychology Center and is a member of the Motivational Interviewing Network of Trainers (MINT).

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1107 NE 45th St, Ste 120, Seattle, WA 98105
Phone: 206-685-4419 Fax: 206-543-5473