



EAPM 2018

6TH ANNUAL SCIENTIFIC CONFERENCE OF THE
EUROPEAN ASSOCIATION OF PSYCHOSOMATIC MEDICINE · EAPM ·
**INNOVATIVE AND INTEGRATED APPROACHES
TO PROMOTE MENTAL AND PHYSICAL HEALTH**
Verona (Italy), 27-30 June 2018

Group Interventions for staff

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Medical and nursing staff working in acute care hospitals experience high levels of psychological stress, and vulnerability to burnout through exposure to adverse clinical situations and systemic threats and challenges. An overarching objective in contemporary hospital care should be creating a culture that aligns regard for the wellbeing of care providers with the care providers' care for patients, recognizing that the best clinical care is provided in environments in which the best psychological care is provided to an engaged staff.

Beginning with a focus on responding to the impact of SARS on the staff at Mount Sinai Hospital, a University of Toronto Academic Hospital, through to the present, the workshop will address the theory and practice of interventions that have impacted staff resilience, improved coping and adaptation, improvement of mental health literacy, reducing mental health stigma, managing stress and supported psychological safety in the workplace. Applications from micro levels with regard to group interventions for staff to macro levels with regard to hospital culture will be illustrated. Alignment with the National Commission on Mental Health Standards for Psychological Safety in the Workplace will also be discussed.

Participants in the workshop will be asked to discuss their own experiences and perspectives in supporting their health care colleagues in the face of adversity and psychological stress.

CONGRESS PRESIDENT EAPM 2018

Mirella Ruggeri

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