

The *Regional Trauma Network*, in association with the *Clinical Education Centre*, are delighted to launch the fourth in a series of webinars focusing on psychological trauma.



When the Past Visits the Present: Treating PTSD and Grief Reactions in Healthcare Workers

*Dr Jennifer Wild, Consultant Clinical Psychologist
Associate Professor and NIHR Oxford Health BRC Senior Fellow*

Wednesday, 24 March 2021 @ 1.00pm – 2.00pm

Dealing with increased hospital admissions, ethical dilemmas and deaths, healthcare workers are potentially at increased risk of post-traumatic stress disorder and depression. This webinar will present rates and predictors of PTSD and depression. The use of evidence-based tools to support recovery will also be explored.

Learning Outcomes:

- Discover the most common maintaining process for PTSD in healthcare workers and how to target it
- Learn how to reduce re-experiencing symptoms in healthcare workers who are continuing to work in situations similar to past trauma
- Discover the types of trauma most likely to link to PTSD in this group

Audience:

Wider Health and Social Care Workforce



Dr Jennifer Wild is a consultant clinical psychologist, associate professor and NIHR Oxford Health BRC Senior Research Fellow at the University of Oxford. Her area of expertise is in developing and evaluating evidence-based interventions for improving resilience to stress, including PTSD and complex grief. With her team, she developed SHAPE, evidence-based tools to support hospital and paramedic employees during COVID. Dr Wild has worked in an advisory role to the Cabinet Office on best practice for developing preventative interventions for individuals, such as emergency responders, who will be regularly exposed to trauma. She has over 70 publications, including book chapters, and a recently published popular science book on resilience: *Be Extraordinary: 7 Key Skills to Transform Your Life from Ordinary to Extraordinary*. Dr Wild regularly appears in the media giving advice rooted in science on how to overcome trauma-related difficulties.

To register, please go to www.cec.hscni.net or book through

<https://www.eventbrite.co.uk/e/treating-ptsd-and-grief-reactions-in-healthcare-workers-tickets-142891206445>