

Pandemic Acceptance & Commitment to Empowerment Response Intervention for Healthcare Providers (PACER-HCP)

ARE YOU A HEALTHCARE PROVIDER OR HOSPITAL STAFF IMPACTED BY COVID-19?

You are invited to join our online training program to help you cope and build resilience!



Feeling stressed by COVID-19? Taking sick days to recuperate? Trouble sleeping? Having anxiety, angry outbursts, or depressed mood?

-OR-

Maybe you want to improve your psychological flexibility and enhance your resilience in the face of the pandemic?

Health Care Providers (HCPs) and hospital staff can participate in the *Pandemic Acceptance and Commitment to Empowerment Response Intervention for Healthcare Providers (PACER-HCP)* - a targeted online training to enhance resilience, and develop **Mindfulness, Acceptance and Commitment Therapy (ACT)**, and **Group Empowerment Psychoeducation** skills. You will also have the opportunity to facilitate future groups!

Eligibility

- at least 18 years of age
- a healthcare provider or staff working in a health or social care setting
- fluent in English

What will I have to do?

- Complete 6 weekly online self-learning modules
- Attend weekly online facilitated group discussions with other participants
- Complete pre-, post-, and follow up questionnaires to evaluate program effectiveness
- Attend a focus group after the intervention (optional)

When?

This round of training will begin **mid-August 2020**.

Group discussions will be held weekly on **Wednesdays from 8:00 – 9:30pm** or **Saturdays from 3:00 – 4:30pm**.

*Your participation in this training is completely **VOLUNTARY**. Any information shared will be kept strictly **CONFIDENTIAL**. Information will **NOT** be shared with your employer. All participants will be asked to sign a confidentiality agreement.*

If you would like to participate please email: pacerhcp@projectprotech.ca

If you have any additional questions about the program please contact:

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- Principal Investigator: Dr. Kenneth Fung, Staff Psychiatrist, UHN email: ken.fung@uhn.ca