

# PROVIDER

# ALERT

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## Emotional Resilience During the COVID-19 Crisis: Practices for Health Care Providers

Thursday, April 2, 2020

12–1 p.m.

Online via Zoom

CalOptima acknowledges this is a difficult time for everyone, especially those of you who are serving members in your offices, in the hospital or through telehealth. While providers and health care workers often accept increased risk of infection as part of their chosen profession, they also must manage their own concerns about personal impact, such as preventing family transmission. To learn more about how health care providers can reduce personal stress, please join us to learn from experts in the UCSF lunchtime webinar, **Emotional Resilience During the COVID-19 Crisis: Practices for Health Care Providers**.

### Presenters:

#### **Elissa Epel, Ph.D., Postdoc Alum**

*Co-Director, UCSF Aging, Metabolism, and Emotion Research  
Professor and Vice Chair, UCSF Department of Psychiatry*

#### **Boosting Stress Resilience**

Dr. Epel studies stress resilience, metabolism and aging, and interventions, including mindfulness. With Dr. Ekman and Dr. Siegel, she has led retreats on promoting wellness and preventing burnout for providers at venues such as Esalen and Davos/WEF.

#### **Eve Ekman, Ph.D., M.S.W., Postdoc Alum**

*Instructor, UCSF Osher Center for Integrative Medicine*

#### **Emotion Regulation and Compassion**

Dr. Ekman is a senior fellow at the UC Berkeley Greater Good Science Center, and Director of Cultivating Emotional Balance Training Program. Dr. Ekman draws from an interdisciplinary set of skills and knowledge from her professional work and personal practice in clinical social work, integrative medicine, emotional awareness, contemplative science and meditation.

#### **Dan Siegel, M.D.**

*Clinical Professor of Psychiatry, UCLA School of Medicine  
Founding Co-Director, UCLA Mindful Awareness Research Center*

#### **Presence and Integration**

Dr. Siegel is executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion and empathy in individuals, families and communities.

This webcast is co-sponsored by UCSF Office of Alumni Relations, the Greater Good Science Center at UC Berkeley, Mindsight Institute, and UCSF Department of Psychiatry.

To register visit: <https://ucsf.regfox.com/webcast-emotional-resilience-during-the-covid-19-crisis>.