

Penn Resilience and Well-Being Program for Penn School of Medicine Physicians: Registration Website

We are excited to offer you a one-day resilience and well-being course designed specifically for Penn School of Medicine physicians. This course will equip you with actionable skills to enhance your ability to overcome adversity, manage stress, and thrive in your professional and personal life. In this highly experiential workshop, you will engage in practical exercises, get personalized coaching and feedback from the instructors, and discuss strategies for applying the skills after the course.

The Penn Resilience and Well-Being Program will be delivered by the [University of Pennsylvania's Positive Psychology Center](#). Empirical studies show that the skills taught in this course increase positive emotions and optimism, as well as decrease negative emotions such as anxiety. More than 500,000 people around the world have benefited from the Center's resilience and well-being programs, including physicians, educators and their students, U.S. Army soldiers, a professional sports organization, corporate audiences, and more.

Date and Time:

Date: September 20, 2019

Time: The program will run from 8:30am to approximately 4:00pm. Lunch and refreshments are provided. Location: PCAM South Pavilion 15th floor Collaboration Room.

Registration: [**https://tinyurl.com/resilienceandwellbeing**](https://tinyurl.com/resilienceandwellbeing)

Program Overview:

Following is some of the content that will be covered during the 1-day program:

- **The Science of Well-Being:** You will learn about the factors that enable people to bounce back from adversity and thrive, and what increases well-being.
- **Enhance Cognitive and Emotional Well-Being:** You will learn how to identify and overcome counter-productive patterns in thinking that undercut well-being. You will also learn about the many benefits of optimism, including how to accurately identify what is controllable. These skills will also help you regulate emotion and energy levels to enable focus and optimal performance, and increase your experiences of positive emotion in everyday life to buffer against stress.
- **Build Strong Relationships:** You will learn how to communicate in ways that strengthen relationships and support networks at work and home. Research shows that strong relationships are critical for handling stress and for general well-being.

Course Instructors:

Karen Reivich, Ph.D. Dr. Reivich is the Director of Resilience and Positive Psychology Training Programs at the University of Pennsylvania Positive Psychology Center. She is the lead curriculum developer and instructor, and trains and supervises all training instructors. She earned a Ph.D. in Psychology from the University of Pennsylvania, and is an instructor in the Penn Master of Applied Positive Psychology program (MAPP).

Dr. Karen Reivich is an internationally recognized expert in the fields of resilience, depression prevention, and Positive Psychology. She has more than 30 years of experience developing and delivering resilience and Positive Psychology programs for educators and their students, U.S. Army soldiers, a professional sports organization, physicians, corporate audiences, and more. As lead instructor of the Penn Resilience and Well-Being Programs, she has worked with more than 10,000 participants.

Dr. Reivich's scholarly work focuses on helping parents, educators, and leaders to promote resilience and well-being in adolescents and adults. For 20 years, she was a Co-Principal Investigator of several research studies of the Penn Resilience Programs funded by the National Institute of Mental Health and the U.S. Department of Education. Dr. Reivich has published extensively in academic journals and edited books in the areas of Positive Psychology and resilience. Her scholarly publications have appeared in academic journals including *Psychological Science*, *Journal of Early Adolescence*, *School Psychology Quarterly*, *Journal of Abnormal Child Psychology*, and *Journal of Consulting and Clinical Psychology*. She is a co-author of two books: *The Optimistic Child* and *The Resilience Factor*.

Dr. Reivich and her work have been featured in a variety of news and media outlets including *Oprah*, *Prime Time Live*, *The Early Show*, *ABC Nightly News*, *The Big Idea with Donny Deutsch*, *Parenting Magazine*, *The New York Times*, *US News and World Report*, *Better Homes and Gardens*, *The Boston Globe*, *The Philadelphia Inquirer*, *US Today*, and *The Orlando Sentinel*.

Judy Saltzberg, Ph.D. Dr. Saltzberg is a curriculum developer and training program instructor at the University of Pennsylvania Positive Psychology Center. She received her undergraduate degree in Psychology from the University of Pennsylvania, and her Ph.D. in Clinical Psychology from State University of New York at Stony Brook. Her graduate work explored cognitive strategies women use to cope with breast cancer. She completed a post-doctoral fellowship in cognitive therapy under the direction of Aaron T. Beck.

Dr. Saltzberg has worked on the Penn Resilience and Well-Being Programs for 25 years, teaching these skills to a wide range of populations. She is also an instructor in the Penn Master of Applied Positive Psychology program (MAPP). A Founding Fellow of the Academy of Cognitive Therapy, she maintains a private clinical psychology practice in the Philadelphia area.