

## **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 6-week 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 6 weekly online facilitated video 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?**

The PACER program has a rolling enrollment. A new cohort will start every 1 to 2 months.

*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](mailto:pacerhcp@projectprotech.ca)

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

- Co-I: Dr. Jenny Liu, Postdoctoral Fellow, UHN email: [jenny.liu2@uhnresearch.ca](mailto:jenny.liu2@uhnresearch.ca)
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