

CoreWellness® is a breakthrough resilience training program from CaseNetwork designed specifically for residents to provide them with a better understanding of the impact stressors have on their cognitive, emotional and physical well-being. The course provides residents with the tools to help them increase resilience, manage stress, and become more self-aware through proactive wellness and self-care measures. It is the first comprehensive e-learning program of its kind specifically designed toward helping residents cope with the unique demands of the health care profession.

“For over a decade, I have worked with some of the top psychologists in the world to develop and deliver e-learning programs to increase well-being and improve resilience. I am very excited about the positive impact the CoreWellness® curriculum will have on our residents,” says Dr. Jeffrey Levy, the CEO of CaseNetwork.

This important new addition to the CoreCases e-learning suite of products is divided into modules and is available anytime and anywhere the residents need it. The CoreWellness® curriculum includes:

■ Learning Objectives

■ Introduction to CoreWellness

■ Burnout Module

- Introduction
- Definition
- Etiology
- Prevalence
- Consequences of Burnout
- Diagnosis

■ Wellness Module

- Introduction
- Definition
- Factors Associated with Wellness in Residency
- Well-Being Measurements
- Wellness Interventions

■ Resilience Module

- Introduction
- Definition
- Characteristics of Resilience
- Measuring Resilience
- Positive Interventions

■ Resilience Exercises Module

1. Mind Pulse
2. Emotional Temperature
3. Thought X-Rays
4. Positive Evidence
5. Thought Balloons
6. Reflect and Share
7. Write a Mission Statement
8. Manage Conflicts
9. Resilience Crashcart

Each module is supported by CaseNetwork's proprietary interactive case-based scenarios depicting real life situations. They focus on:

- 1. Burnout Syndrome and Depression**
- 2. Wellness and Resilience**
- 3. Work-Life Balance**

For additional information or a brief demo contact CaseNetwork at info@casenetwork.com or (800)-654-1745, X106.