



# Enhancing Health Professionals' Well-Being: A Structured Approach Utilizing the Adult Resilience Curriculum (ARC)

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12-1 p.m. March 18, 2021

## PRESENTERS

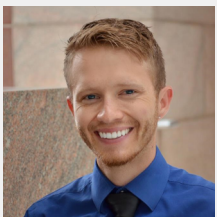


Erika Franta, PhD, LP



Brittany Liebsack,  
PhD, LP

*with special guests:*



Jordan Thayer, PhD, PLP



Hannah West, PhD, PLP

Join the Mid-America MHTTC for an informational 101 on our approach to supporting health care workers: **The Adult Resilience Curriculum for Health Professionals**. This webinar is geared toward health care professionals, administrators, and stakeholders interested in developing a culture of well-being. Attendees will walk away with an understanding of the what, why, and how of the Adult Resilience Curriculum (ARC), as well as the most up-to-date information on stress: how it affects us psychologically and biologically, why it is necessary in certain situations, and how it relates to our overall well-being.

ARC for Health Professionals is a 10-module model for implementing well-being at both the individual and organizational level. The curriculum is rooted in adult positive psychology and organizational well-being theories and has been adapted to apply across medical and educational settings. During the webinar, our Center will also present upcoming activities and trainings related to professional well-being, including a visit from two special guests: Dr. Jordan Thayer and Dr. Hannah West, to preview their new podcast, Burnout Busters.

Learn more: [http://bit.ly/ARC\\_Health](http://bit.ly/ARC_Health)



Mid-America (HHS Region 7)

**MHTTC**

Mental Health Technology Transfer Center Network  
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