



WEBINAR

Caring for Self in a Public Health Pandemic

Date: **Thursday, May 14, 2020**

Time: **11:00 a.m. – Noon CT**

Speakers:

Rev. Ann Sidney Charlescraft, DMin, BCC

Cost: FREE to NHA members

Target Audience

ALL health care professionals.

Course Curriculum

This webinar will focus on self care for all health care professionals and staff, from housekeepers to physicians serving on the front lines. Practical steps for caring for self during a public health pandemic requires intentional planning on part of the health care staff members. The primary focus of the webinar will include mental and emotional health, as well as ways to strengthen resilience and encouragement among the health care team.

Speaker Bio

Rev. Ann Sidney Charlescraft, DMin, BCC

Dr. Charlescraft is an adjunct faculty member and director of development and alumni relations in the College of Health Professions, Department of Patient Counseling at Virginia Commonwealth University, Richmond, Virginia. She is a local, regional, national, and international speaker on “Caring for the Caregivers.” Completing her doctoral work at Baptist Theological Seminary at Richmond in collaboration with VCU and the VCU Medical Center, she developed a program of care for staff dealing with compassion fatigue and burnout. She is retired from daily clinical work but engages patient counseling alumni with whom she has journeyed in the last 20 years. Her passion remains with health care staff, families, and children.