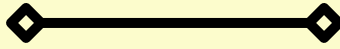


EMBODIED RESILIENCE

FEBRUARY 4, 2022, 10-11AM EST



HOSPITAL, HEALTH & ADDICTION WORKERS, PATIENTS AND FAMILIES WORK GROUP
Inst. by 14 division/American Psychological Association



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Interdivisional Task Force on COVID; Fellow, APA;
Past President Division 32, APA;
Past President, San Francisco Psychological Association

Resilience involves cognitive reframing, but also an experiential shift that brings the cognition into new behaviors. This seminar will explain principles of embodying resilience and teach some simple skills to shift into more resilient behavior.

[Click here](#) to register in advance for this meeting.
After registering, you will receive a confirmation email
containing information about joining the meeting.



SPEAKER SERIES OF THE
HOSPITAL, HEALTH & ADDICTION WORKERS, PATIENTS
AND FAMILIES WORK GROUP OF THE INTERDIVISIONAL
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