



Workshops for Teams and Small Groups - Psychological Detachment for Health Promotion

Share this intervention with your team or small group one of three ways:

- Level 1 - Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 - Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 - Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
- This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 6 U3NHP45418 of the Health and Public Safety Workforce Resiliency Training Program for \$1,496,128. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Level 1- Facilitating a short / micro learning session for your team (team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (https://rise.articulate.com/share/Equal5goScimX54-CWpECM_4HnMAJokMM) and complete the activities to gain knowledge, experience and skill in Psychological Detachment.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present short / micro small group session.
- Share QR code for post-session feedback to participants.



Level 2 – Lead or participate in a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 1-hour max.

Pre-requisites: Interest and skills in Psychological Detachment and leading a workshop on the topic with provided evidence-based materials.

Instructions for leading a workshop:

- Review the module (https://rise.articulate.com/share/Equal5goScimX54-CWpECM_4HnMAJokMM) and complete the activities to gain knowledge, experience and skill in Psychological Detachment.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o References document
- Review workshop and print necessary materials/handouts.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on Psychological Detachment.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max. (Not including prep time)

Pre-requisites: Education in Psychological Detachment or participation in an Psychological Detachment workshop.

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize the Psychological Detachment for your team’s health promotion.
 - o Suggested topics: Explore boundary traits and types and/or setting and writing healthy boundaries.
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Instructions – Psychological Detachment for Health Promotion

Session description:

- This workshop is meant to encourage the acquisition of knowledge related to self-care interventions for the promotion of health using evidence-based resources and an informed facilitator.

Participants:

- Any healthcare worker

Session Materials:

Note - Facilitator will present on Psychological Detachment using either the provided PPT presentation or using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: Psychological Detachment PPT, with presenter notes (Clinical)
- Renew Your Mind: Psychological Detachment Participant Handout (Clinical)
- Renew Your Mind: Psychological Detachment PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: Psychological Detachment Participant Handout (Non-Clinical)

Session outline

1. **Introduction**
 - a. Present relevant content using full PPT presentation or a selection of slides
2. **Small group activity**
 - a. Participants will be split into small groups of 3-4.



- b. Small groups will be instructed to complete and discuss:
 - 1) Boundaries self-evaluation
 - 2) After the self-evaluation, complete the questions and discuss strategies/tips for promoting boundary management tactics.
 - 3) As a large group, brainstorm strategies for promoting healthy boundaries that you think would be effective in your work environment.
 - c. Facilitators will walk amongst the groups and participate as needed.
 - d. Groups will be asked to take notes on their conclusions and choose a group leader to share with the large group.
3. **Large group activity**
- a. Each group leader will take turns presenting the conclusions from their group with the large group.
4. **Take home**
- a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - b. Take-home points:
 - i. Psychological detachment activities are effective in relieving work stress.
 - ii. Psychological detachment is most successfully practiced when work-boundaries are clearly stated and maintained on a daily basis.
 - iii. The more an individual can find ways to totally detach from the source of stress, the more effective they will be in managing stress.
 - c. Share and summarize group findings.