



The Wellbeing and Mental Health of Doctors in Training – Live Webinar

3 external CPD points

Introduction

Specialty training programmes require Supervisors to take a holistic approach that addresses not only professional, educational and clinical learning goals, but also recognises and responds to trainees' pastoral needs.

Supervisors who attend this interactive session will be provided with an overview of the key mental health and wellbeing problems that may arise for trainees, such as depression and anxiety, chronic stress and being at risk of burnout. We will also explore how personality traits can impact a doctor's wellbeing and progress through training. Through case-based exercises Supervisors will have the opportunity to discuss and reflect upon their roles as well as refresh their skills and practice having conversations around mental health.

Course Structure

- **2.5 hour webinar**

Webinar Objectives

- Understand the situation regarding the mental health and wellbeing of junior doctors in the UK
- Feel equipped as a supervisor to respond to mental health problems that arise in trainees
- Have knowledge of key wellbeing and resilience strategies

To book or enquire about this programme please contact us:

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