

# 2022 Avera vLEAD Leadership Series: Applied Leadership in Cognitive Behavioral Therapy

Enduring Material

\*\* An e-learning course available on the Avera portal \*\*

## **Program Goal**

This session is a recording of a presentation from Dr. Wallace Jackmon on Cognitive Behavioral Therapy and how leaders can engage for emotional support of their teams. Dr. Jackmon reviews signs of stress, types of dysfunctional thinking and how application of basics of CBT can help. This information is a helpful look at how leaders can understand emotional duress for teams and give some tactical support during high stress times.

## **Objectives**

- 1 Discuss how successful teams and high quality leadership lead to an improved health care delivery system.
- 2 Articulate primary principles of Cognitive Behavioral Therapy.
- 3 Understand ways in which CBT will apply to some of the difficulties associated, and the correlation to COVID-19.
- 4 Apply understanding of CBT principles, and identify at least one or more dysfunctional or irrational thought which leads to their personal distress.
- 5 Understand how to restructure the negative thoughts to decrease distress.

## **Outcome**

80% of learners will self-report an increase in knowledge and competence of the tools utilized in order to effectively lead their teams by the end of the activity.

## **Target Audience**

**Professions** – Nursing Facility Administrator, Social Worker, Other, Administration, Director, Manager, Vice President, CEO, Psychologist

**Specialties** – Leadership, Administration, Health Administration

## **Completion Requirements**

- View the video
- Complete the post-test
- Complete the evaluation

## **Accreditation & Credit Designation**

### **Physicians**

Avera is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Avera designates this educational activity for a maximum of **1.00 AMA PRA Category 1 Credits(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Nurses (NCPD)

Avera is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. A total of **1.00** contact hours can be received upon completion of this education activity. Attendance at the entire educational activity is required to receive contact hours.

## Social Workers

Avera Health Provider #1029 is an approved provider of continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive **1.00** continuing education clock hours for participating in this course.

## Nursing Facility Administrators

Avera is an approved provider of continuing education for South Dakota through the South Dakota Board of Nursing Facility Administrators. This educational activity is approved for **1.00** hours for nursing facility administrators.

## Additional Information

Feedback person for this educational activity is: [robyn.ewalt@avera.org](mailto:robyn.ewalt@avera.org)

Enduring material available from 5/1/2022 to 12/31/2022

This course content was reviewed on 04/14/2022

## Disclosure Policy

Due to the regulations required for CE credits all conflict of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Name of Ineligible Company(s) / Nature of Relationship(s)
TANYA DIETRICH, BA RT(R)(M)	Committee Planning Member	Non-Clinical Exception
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Tracy Olson, MS, SPHR, SHRM-SCP	Committee Planning Member	Non-Clinical Exception
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Debbie Kooiker, BA	Content Expert - Committee Member	Non-Clinical Exception
Wallace Jackmon, PhD, LP	Faculty	Non-Clinical Exception
ROBYN EWALT, BA	Lead Planner	Non-Clinical Exception
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