



Resilience Skills Training Program

PROGRAM DESCRIPTION

The goal of the Resilience Skills Training Program is to improve physician wellness in oncology through a proactive approach. The Resilience Skills Training Program targets current trainees to help create a culture change surrounding wellness, burnout, and resilience in oncology. The aim is to define how individual resilience skills can be learned and how workplace engagement can be maximized.

The program consists of eight modules and each session addresses a specific resilience skill.

- Identifying Strengths and Utilizing Them
- Your Resilience Zone - Activation
- Recognizing Cognitive Distortions
- Mindfulness
- Self-compassion
- Setting Healthy Boundaries
- Finding Meaning in Your Everyday Work
- Building Self Care and Resilience into Your Life

The training requires a partnership between the Training Program Director and a Social Worker/Psychologist at each institution. The Program Director is asked to build the training into their fellows' schedule and emphasize its importance. The Social Worker/Psychologist will facilitate the training.

ASCO's resources include a Facilitator Guide for each module that includes talking points and supporting materials for each topic. Programs can use these resources to conduct the trainings at their institutions. We welcome fellowship training programs to implement the program as you see fit and integrate it into your training program's curriculum in whatever way suits your unique needs. There are no formal requirements.

As a sample model, we have seen training programs have success with holding the sessions every-other week over a 16-week period. Additionally, the program is designed to target first-year fellows, but many programs have seen great success including trainees at all stages in their career.

Additionally, ASCO offers an interactive, online community platform, the [Resilience Skills Training Program myConnection community](#). [myConnection](#) is a space to interact with peers from institutions across the country who are also implementing the Resilience Skills Training Program at an oncology training program. The Session Guides and supporting materials for the program are posted on [myConnection](#) and on [asco.org](#).

ASCO's hope is to support the development of resilience skills and improve physician wellness. With your participation in the Resilience Skills Training Program we aim to expand our reach, raise awareness and work toward improving physician well-being.