

How to Use the SPA Wellbeing Curriculum

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This evidence-based toolkit supports clinician wellbeing through a blended learning approach that combines individual preparation with collaborative group learning. Designed for practitioners at all levels, it addresses critical topics required by the Accreditation Council for Graduate Medical Education, including adverse events, resilience, and burnout prevention, through psychologically safe, facilitated conversations.

Why This Matters

♥ Clinician Wellbeing

Supports professional fulfillment and personal wellness for healthcare providers at all career stages

🛡️ Patient Safety

Promotes healthy team culture that directly contributes to improved patient care and safety outcomes

♥ Shared Experience

Normalizes common challenges in medical practice and reduces stigma around seeking help

🛡️ Proactive Support

Encourages reflection, peer connection, and early help-seeking before challenges escalate

Core Learning Modules

Adverse Events & Peer Support

Understanding the second victim phenomenon and its emotional, cognitive, and professional impact on clinicians.

Learn peer-to-peer support principles including reflective listening, validation, and meaningful connection strategies.

Resilience

Develop practical tools to respond to stress, challenges, and perceived failure through growth mindset principles and learned optimism.

Explore social connection, values alignment, emotions, and self-compassion with practical tools like cognitive reframing, gratitude practices, and the "three good things" exercise.

Burnout, Depression & Substance Use Disorder

Recognize burnout drivers and understand the relationship between burnout, mental health challenges, and substance use disorder.

Address specialty-specific risks in anesthesiology with safety-first, systems-based approaches to colleague support.



Pre-Work Phase

Individual | ~45 minutes

- Expert-led pre-recorded videos
- Interactive reflection activities
- Topic-specific annotated resources



Live Session

Group | ~60 minutes

- Case-based discussions
- Guided reflection & skills practice
- Emphasis on psychological safety and shared experience

For Facilitators

- Annotated discussion guides with practice-informed scenarios
- Best practices for effective session facilitation
- Tools for fostering psychologically safe conversations

For Participants

- Video-based learning modules from content experts
- Guided reflection exercises for personal insight
- Curated resources for continued exploration

Get Involved!

Use this curriculum with your department, training program, or interprofessional team. Access materials, implementation guides, and provide feedback to help us continually improve this resource for the clinical community.



Access the Wellbeing Curriculum here!

For more information, contact
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