

THE MENTAL COMPONENT

Resident Performance and Resilience Training Year 1 Curriculum



Session 1- Introduction and A.I.R.: The first session is designed to be an introduction to resilience and performance training. The residents will have time to discuss expectations for the training and will learn how their interpretations of the things that happen to them influence their reactions (CBT).

Ellis, A. (1994). *Reason and Emotion in Psychotherapy* (rev. edn.). New York: Citadel.



Session 2- Mindset: This session will help residents to identify their fixed mindset thoughts and begin to focus on having more growth mindset thoughts. A growth mindset allows an individual to focus on effort rather than innate ability.

Dweck, C.S., & Molden, D.C. (2005). *Self-Theories: Their impact on competence motivation and acquisition*. In A. Elliot & C.S. Dweck (Eds.), the handbook of competence and motivation. New York: Guilford.

Dweck, C.S. (2006). *Mindset*. New York: Random House



Session 3- Self –Awareness: Residents are taught skills that can help them become more aware of their thoughts, energy and different indicators to identify if they need to make adjustments.

Zinsser, N., Bunker, L., and Williams, J. M. (2006) *Cognitive techniques for building confidence and enhancing performance*. In J. M. Williams (ed.) *Applied Sport Psychology: personal growth to peak performance* (5th edn, pp. 349-381). Boston: McGraw-Hill.

Ravizza, K. & Hanson, T. (1995) *Heads-up Baseball*. USA: McGraw-Hill.



Session 4- Beliefs, Values and Confirmation Bias: This session will focus on how residents can identify beliefs and values and the impacts they have on their thoughts and behaviors. The residents will also learn about the confirmation bias and how it can skew their thinking.

Beck, J. S. (2011) *Cognitive Behavior Therapy: Basics and beyond* (2nd edn.). New York: Guilford Press.

Nickerson, R. S. (1998). Confirmation bias: A ubiquitous phenomenon in many guises. *Review of General Psychology*, 2(2), 175-220



Session 5- Flash Judgements: In this session the residents learn about schemas and errors in our thinking that can sometimes lead us to thinking we know the situation even though we are not seeing it clearly.

Beck, A. T. and Emery, G. (1985) *Anxiety Disorders and Phobias: a cognitive perspective*. USA: BasicBooks



Session 6- Positive Emotions: Residents learn about the importance of positive emotions and how they can build more hope, optimism, and gratitude (HOG).

Fredrickson, B. L. (2001). The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions. *American Psychologist*, 56, 218–226



Session 7- Solution Focused Thinking: During this session the residents learn the difference between problem focused thinking and solution focused thinking. Learning solution focused techniques have been shown to reduce wasted time and increase well-being.

Grant, A. M. (2012). Making positive change: A randomized study comparing solution-focused vs. problem-focused coaching questions. *Journal of Systemic Therapies*, 31, 21–35.



Session 8- Stress and Deliberate Breathing: Stress is a part of everyday life for residents so this session focuses on identifying specific stressors so the residents can create plans to help them recover. One stress reduction technique that we discuss in detail is deliberate breathing.

Benson H. (2000) *The Relaxation Response*- updated and expanded (25th edn.). New York: Avon.



Session 9- Burnout: Burnout has a tremendous effect on resident's performance and well-being. In this session we discuss the criteria of burnout and the how to build strong relationships with the people around them to counter burnout.

Gable, S. L., Reis, H. T., Impett, E. A., & Asher, E. R. (2004). What do you do when things go right? The intrapersonal and interpersonal benefits of sharing positive events. *Journal of Personality and Social Psychology*, 87(2), 228-24.



Session 10- Character Strengths: Character Strengths is an opportunity to help the residents understand their strengths and the importance of bringing the best of themselves to work every day.

Peterson, Christopher (2006). *A Primer in Positive Psychology*. Oxford: Oxford University Press.

These 10 session help the residents meet several ACGME milestones including: Practice-based Learning and improvement, Professionalism as well as other milestones.

Other Resilience Resources:

Peterson, Christopher (2006). *A Primer in Positive Psychology*. Oxford: Oxford University Press.

Southwick, S. M., & Charney, D. S. (2012). *Resilience: The science of mastering life's greatest challenges*. New York: Cambridge University Press.

Southwick, S. M., & Charney, D. S. (2012). The science of resilience: Implications for the prevention and treatment of depression. *Science (New York, N.Y.)*, 338(6103), 79-82.