

***‘Stress Management and Burnout Prevention’  
Zoom Presentation by Dr. David Murphy  
May 25 2024 10amEST (Toronto) to 1pmEST***



***Stress Management and Burnout Prevention*** is a 3-Hour workshop for healthcare providers, presented by Dr. David Murphy.

The workshop will be presented online, through Zoom.

**Date: May 25 2024.**

**Time: From 10am EDT (Toronto time) to 1pm EDT.**

Dr. Murphy is a physician, psychotherapist and hypnotherapist with more than 30 years of experience in the mental healthcare field.

Clinicians, and other healthcare providers, who can benefit from this workshop, include physicians, surgeons, nurses, personal support workers, social workers, psychotherapists, psychiatrists, addiction counsellors and psychologists, who are interested in learning more about stress management and burnout and developing new tools for improving their health, wellbeing and quality of life.

The workshop format is educational, interactive and experiential. The educational portion of the workshop will be recorded and the recordings will be made available to participants. The workshop will include group activities and break-out rooms, where participants can explore their current stress management techniques and practice new skills.

**AGENDA:**

Part I: What is Stress?

Part II: The Dangers of Empathy.

Part III: Know Yourself

Part IV: Taking Care of Your Self

By the end of the workshop, participants will feel confident that they will be capable of managing stress, preventing burnout and improving the quality of their professional and personal life.

CME Attendance Certificates will be provided.

The registration fee is \$80.00 (Canadian), including booking fees of \$6.74 Cdn. Cancellations will be accepted up to 48 hours prior to the workshop, with a refund of the registration fee minus the booking fees. There will be no registration fee refund for cancellations less than 48 hours before the workshop.

To register, go to: <https://www.eventbrite.ca/e/stress-management-and-burnout-prevention-tickets-865042022977>