

Use of Creative Arts Therapy 12-week Protocol to Reduce Burnout in Healthcare Professionals: Experience of the CORAL Team

Saturday, March 23, 4:30PM – 6:30PM EST

PRESENTATION DESCRIPTION

Work-related psychological distress is common among health care professionals (HCP). Creative arts therapy (CAT) is a potential intervention to mitigate HCP burnout and build resilience. In a randomized trial of HCPs, we identified that a 12-week CAT program reduced psychological distress (anxiety, depression, PTSD, and burnout) and turnover intention in HCP. The intervention was developed by our creative arts therapists and writing experts. All participants answered surveys that aimed to measure burnout and other emotional distress symptoms at baseline (before the start of activities), after the intervention (at the 12-week mark), at the 4-month, 8-month and 12-month mark.

LEARNING OBJECTIVES

1. To identify the three domains of burnout that were measured in our study with healthcare workers.
2. To report and summarize the findings of our clinical trial about the successful use of CAT's and Creative Writing to reduce burnout.
3. To summarize and reflect on the merits of a multi-modal resilience program that includes verbal and nonverbal artistic expression.

CONTINUING EDUCATION

2.0 ADTA CE; 2.0 NBCC CE; 2.0 NY LCAT

PRESENTER INFORMATION



Hilary Sinn, LPC, R-DMT (s/hers) graduated from Naropa University with an MA in Somatic Counseling Psychology specializing in DMT. She received her B.A. from Sarah Lawrence College in 1999 studying performance and humanities. Since 2017 she's been a DMT at Children's Hospital Colorado (CHCO) serving children and teenagers during the COVID-19 pandemic and the statewide youth mental health emergency. Her work is rooted in the body as a place of refuge, liberation, and connection. Hilary is a clinical supervisor in the Ponzio CAT Program at CHCO and is grateful to be part of the Colorado Resiliency Arts Lab (CORAL).