

Health for Health Care Professionals: Promoting and Participating in Healthy Teams

April 9, 2025

12:00 – 1:00 PM PST

[Register here](#)



*“Often it is easier for health care professionals to support others than to turn inwards and apply their extensive knowledge to themselves as a person, doing challenging work. In the context of ongoing stress and systemic change, you are invited to learn and apply evidence-based interventions that reduce professional burnout, contribute to a healthier you, and a healthier workplace culture.”*

- Dr. Kira Mauseth PhD

The Washington State Department of Health’s Power of Providers (POP) initiative invites you to participate in an upcoming webinar series focused on mental health support for health care professionals. The series continues with [Health for Health Care Professionals: Promoting and Participating in Healthy Teams](#) and features prominent Washington clinician and psychologist, Dr. Kira Mauseth. This is part two of the series. Please visit [POP's webinar page](#) to view the recording of the previous session. The webinar will be on **Wednesday, April 9, from noon to 1:00 p.m.**

Building from the previous workshop, this session will focus on characteristics of well-functioning health care teams. As health care professionals we are frequently presented with patients, colleagues, or friends and family members who are in crisis and in need of support. This workshop provides participants with basic knowledge about how to support behavioral health for yourself and others. These skills can influence healthy team growth and culture change in a direction that is consistent with a larger mission. Participants will learn strategies on how to best help others while also being mindful of and compassionate towards themselves and their own wellness. This will also include crisis management

and de-escalation skills to help effectively engage with colleagues who are struggling, communication tips, and development of core values to inform difficult decision making and address challenging issues.

The learning objectives for this webinar are to:

1. Identify opportunities to engage in crisis support and healthy communication with other team members.
2. Develop understanding and familiarity with collegial supportive best practices.
3. Identify and use core values to inform responses and behaviors.

The webinar will be recorded and there will be live ASL interpretation. We are offering free continuing education for nurses and medical assistants. Please see the details below.

### **Continuing Nurses Education**

This nursing continuing professional development activity was approved by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation. Upon successful completion of this activity, 1.0 contact hours will be awarded.

### **Continuing Medical Assistant Education**

This program has been granted prior approval by the American Association of Medical Assistants (AAMA) for 1.0 administrative continuing education unit.