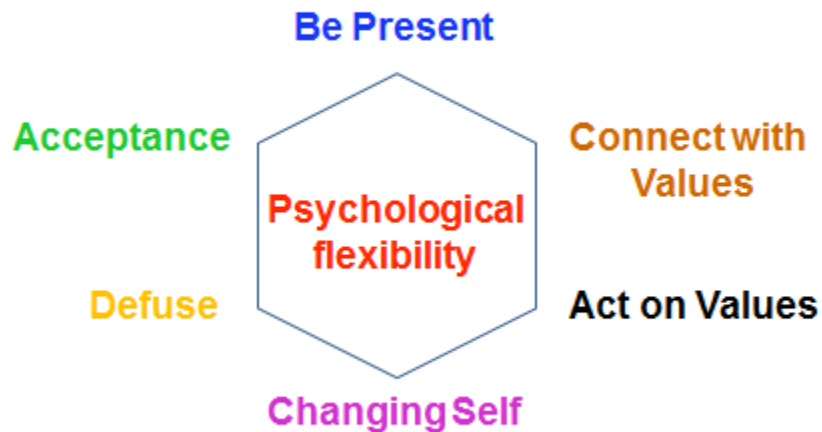
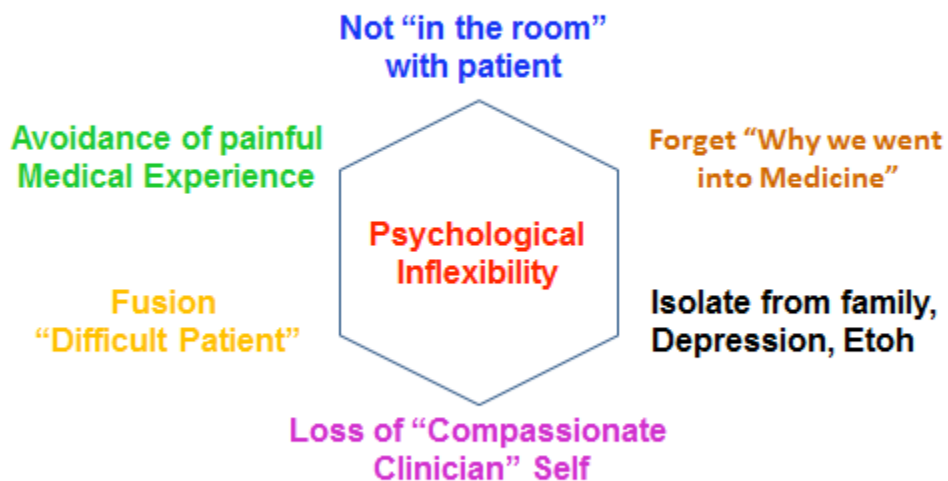


# Acceptance and Commitment Therapy (ACT) Model of Clinician Resiliency

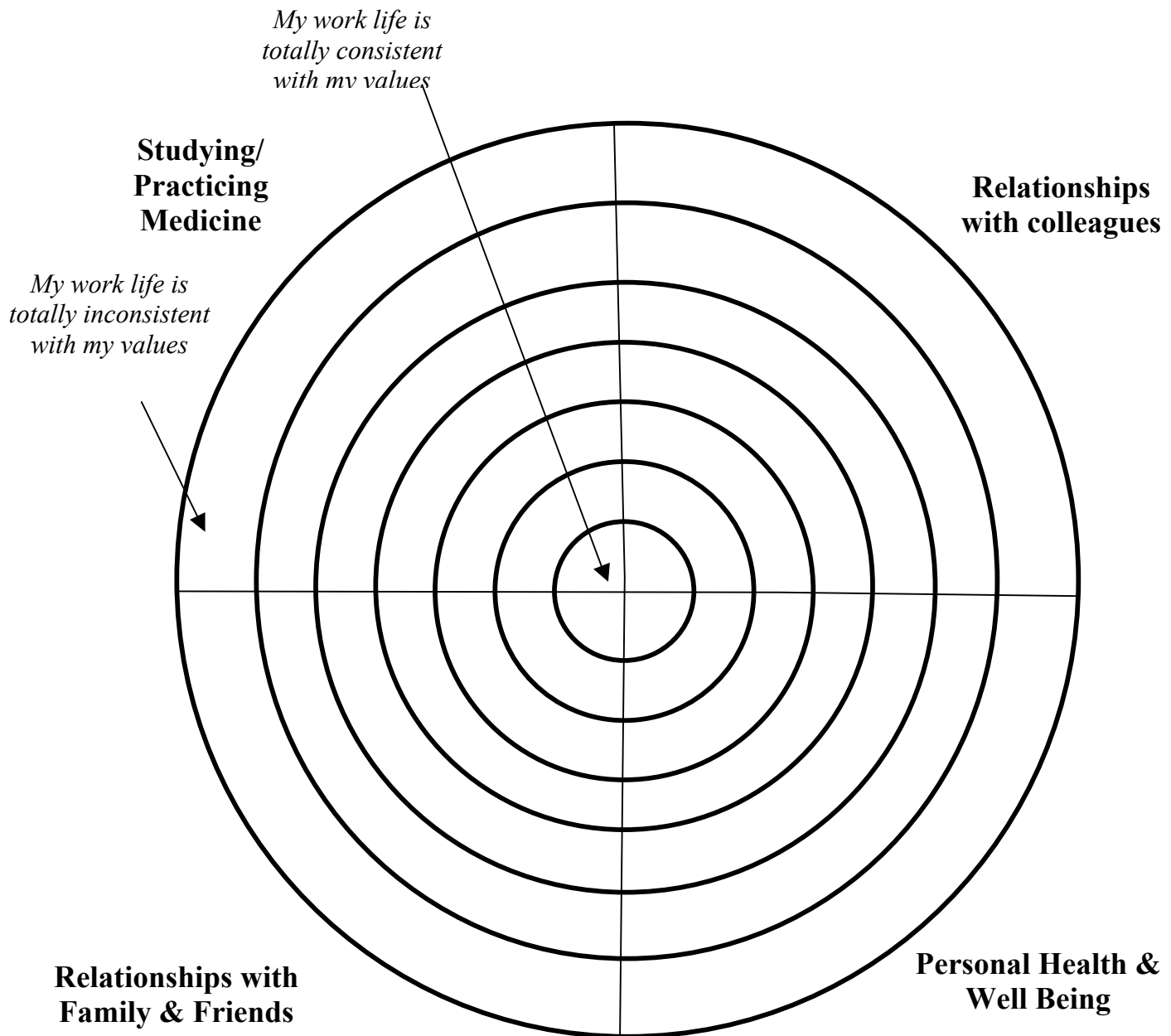
## Resiliency - Core Processes



## Burnout - Core Processes



# Professional/Personal Values Assessment



**Instructions:** Place an “X” in each of the four quadrants above to represent the degree to which you are currently living according to the values you’ve just described.

Modified from Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction. Robinson et. al. New Harbinger Publications Inc., 2011.

# Professional and Personal Values Clarification

**Instructions:** For each of the four areas of professional/personal life listed below, please describe your core values, i.e., what you want your life to embody in practicing medicine, how you balancing your personal and professional lives, your own personal health and well-being and relationships with colleagues. For example, at your graduation, what would you like to hear other people say about the mark you had left on them, what you “stood for” and what your behavior over the years represented in terms of your personal beliefs.

**Studying/Practicing Medicine:**

**Relationships with Colleagues:**

**Relationships with Family & Friends:**

**Personal Health & Well-being:**

Modified from Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction. Robinson et. al. New Harbinger Publications Inc., 2011.

## **Burnout Prevention Plan**

*To help reduce your risk of burnout, please complete the following items of your burnout prevention plan. Try to describe specific behaviors you intend to use, when you will use them and how often. The more specific is your plan, the more likely it is that you will follow it!*

**Practice of Acceptance:**

**Practice of Mindfulness (i.e., present moment awareness, contacting transcendent self):**

**Practice of Contact with Personal Values:**

**Practice of Value Consistent Daily Actions:**

Modified from Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction. Robinson et. al. New Harbinger Publications Inc., 2011.