



SIMPLE WISDOM
FOR HEALTH
PROFESSIONALS

CRASH CART
PROGRAM
Series

CRASH CART PROGRAM SERIES FOR HEALTH PROFESSIONALS

A global pandemic added to a pre-existing national epidemic of burnout has contributed to a collective “Code Blue” situation for healthcare professionals.

But where is the “crash cart” of support for you—a program of care for the caregivers who have given so much physically and emotionally to meet the needs of others in these unprecedented times of radical uncertainty?

Unrelenting challenge and stress are resulting from the extreme personal and professional burdens imposed by the COVID-19 pandemic, and the symptoms continue today.



This crisis demands competencies that exceed what even the most physically and emotionally resilient medical professional has been trained to provide for patients, family, friends, and especially for yourselves.

The Simple Wisdom for Health Professionals Crash Cart program series provides support for you as we all navigate the chaos of a “new normal” filled with vulnerability as life continues to change at a rapid pace.



DESIGNED BY A PHYSICIAN WITH THE CURRENT CHALLENGES
OF HEALTH PROFESSIONALS IN MIND

**WISE AND SKILLFUL
"DOING" REQUIRES A
STABLE BASE OF "BEING."**



**JOIN US FOR THIS
EDUCATIONAL AND
EXPERIENTIAL CRASH
CART PROGRAMS SERIES
AS WE EXPLORE:**

PROGRAM 1: STRESS

Why and how to **CALM** the storm

PROGRAM 2: STRESS → DISTRESS

Guidance for trauma-informed
CARE AND COMFORT

PROGRAM 3: SIMPLY DO THIS!

A virtual healing center models how
to create your own healing center
WITHIN

PROGRAM 4: SELF CARE

Because you are the **SOLUTION**
to what is causing burnout,
not the problem

Each of the series of four 1-1.5 hour sequential programs is designed to fit within your already full schedule, and is offered with a virtual or in-person option.

Individual wellbeing will contribute to organizational wellbeing, **one life at a time**, as health professionals engage to use their expertise in a collaborative effort to evolve healthcare into a more caring experience for all.

The opportunity to do so **now** underlies this crisis. Burnout is a symptom of the need for systemic healthcare transformation.

Welcome to this offering of support for your own wellbeing and in thanks for your contributions to the wellbeing of our communities!





Dr. Gigi Dunn received her M.D. degree from Louisiana State University School of Medicine. She completed Anesthesiology residency through LSU in New Orleans and served as chief resident during her final year. She is a board-certified Anesthesiologist and was a founding member and past Co-President of a group of 50 anesthesia providers in Baton Rouge and New Orleans, Louisiana.

After 20 years as a clinical anesthesiologist and physician leader, Dr. Dunn made the decision to follow her passion for wellness and prevention that had spanned her entire professional career. In 2012, she completed the 2-year Integrative Medicine fellowship through the University of Arizona College of Medicine, Andrew Weil Center for Integrative Medicine. This post-doctoral program is recognized as the world leader in Integrative Medicine education for physicians.

Dr. Dunn is certified in traumatic stress studies by the International Trauma Research Foundation. She is a contributor to Louisiana Public Broadcasting on issues related to health, wellbeing, and population trauma.

Dr. Dunn is a member of the Care Collaboratory, a group of national healthcare professionals and thought leaders, working to support healthcare innovation and transformation. Through the Care Collaboratory, she is a co-author of two articles on trauma, moral injury, and burnout published in nationally recognized healthcare journals.

Dr. Dunn created "Simple Wisdom for the Journey" programs as a primary prevention model, focusing on innovating systemic population wellbeing through education. This includes "Simple Wisdom for Health Professionals", a program of care for the caregivers, along with a variety of other programming for healthcare leadership and patients, businesses, and for the general public.

Contact Dr Dunn to explore the ways in which healing can be brought to your organization through evidence-based experiences tailored by a specialty-trained physician to meet the needs of these unprecedented times.

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