

The Osler Society of the Zucker School of Medicine

in conjunction with the

Emergency Medicine Interest Group, Dance in Medicine Club, and Clinical Peer Support Team

presents

When the Helper Needs Help

Health Professionals Confront Cumulative Stress Disorder

A Humanities in Medicine Program

featuring

James Boomhower



Health professionals face emotionally difficult encounters daily, which often leads to the buildup of stress. As health professionals, we provide help to others, but **what happens when the stress becomes too much for us?** Join **James Boomhower** to learn about Cumulative Stress Disorder (CSD), how to spot the symptoms in colleagues, and ourselves, and how to get the help we need to stay healthy.

Also joining the discussion are **Daniel L. Hoffman, PhD, ABPP**, clinical psychologist and assistant professor of medicine at the Zucker School of Medicine, who specializes in Post-Traumatic Stress Disorder (PTSD), **George Wurzer, LCSW**, from Northwell Health, and **Jesse A. Epstein**, former director of the Skidmore College Emergency Medical Service.

Co-sponsored by Zucker School of Medicine's Clinical Peer Support Team

James Boomhower, BS, FP-C, NR-P, C-NPT has been involved in EMS for nearly 15 years in a variety of health systems throughout New England. He currently functions in the role of Critical Care Transport Specialist-Paramedic/ Lead Peer Support Director with Boston Medflight of Bedford, Massachusetts and Crisis and Peer supporter for the ECHO FAST team. His desire to bring mental health awareness to the EMS arena has spurred him to create the Fit for Duty platform as well as work to implement a peer support program in his workplace. James is working to realize his goal of promoting recognition, management and acceptance of acute stress in EMS providers throughout the world.

Presentation to be followed by an interactive workshop

Learn to De-stress with Dance

led by the Emergency Medicine Interest Group and the Dance in Medicine Club

Tuesday, August 6, 2019

12:30-1:45 p.m., Lunch and Program

Zucker School of Medicine, W104-105-106

RSVP: medicine.hofstra.edu/oslerrsvp



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