



The Centre for Practitioner Renewal (CPR) is dedicated to understanding the physical, emotional and spiritual impact on caregivers as they care for patients/residents who are dying, suffering or experiencing a crisis.

Focused on the health care community, we strive to:

- Enhance well-being, inspire vocational satisfaction, and revitalize compassion and mutual support
  - Understand and address how to sustain health care providers in the workplace
  - Explore the cost of being in the presence of suffering
- We do this through high quality service, education and research.

The CPR is an innovative partnership between Providence Health Care (PHC) and the University of British Columbia (UBC).

## CONTACT US

Email: [cpr@providencehealth.bc.ca](mailto:cpr@providencehealth.bc.ca)

Telephone: 604-806-8360

Please note: This is not a 24-hour line

Fax: 604-806-8173

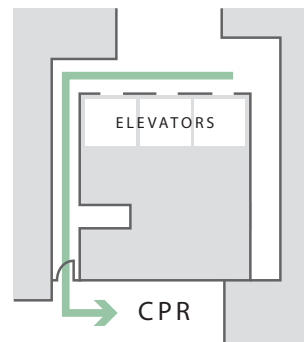
Mail:

6th Floor, 1190 Hornby Street  
c/o St. Paul's Hospital  
1081 Burrard Street  
Vancouver, BC V6Z 1Y6

Our offices are located at:

Providence Health Care  
6th Floor, 1190 Hornby Street  
Vancouver, BC V6Z 2K5

To visit our offices, turn left when stepping out of the elevator and left again continuing to the end of the hallway, through the door. The waiting room is just inside the door, to the left (marked by 'CPR' on the map below).



6TH FLOOR, 1190 HORNBY STREET

For more information, please visit the CPR website at:  
[www.practitionerrenewal.ca](http://www.practitionerrenewal.ca)

PHC-TCNF241 (May-07)



## Centre for Practitioner Renewal

Research • Education • Service



*Supporting health care and  
community service practitioners*





## SERVICES

### You are eligible for CPR Services if:

- You are an employee or a member of the medical staff at Providence Health Care (PHC)
- You have experienced trauma in the workplace or you have experienced a personal trauma that impacts you in the workplace
- You have experienced work-related cumulative stress and/or are overwhelmed by suffering, death or job stress

#### *Please note:*

*You need to have a family physician who is overseeing your care. The CPR is not the appropriate place for you if you want help/support that relates to labour relations issues.*

### How to Access Our Services

- Self referral
- Your leader or supervisor can recommend that you request the services of the CPR\*
- Occupational Health & Safety can recommend that you request the services of the CPR\*

A Consultant with the CPR (i.e. a doctoral-level counsellor or psychologist) will conduct an in-person assessment during the first session to determine if the CPR offers the appropriate service for your needs. Subsequent sessions can be arranged between the hours of 8 am and 6 pm Monday to Friday. The CPR can recommend other community services and can provide appropriate crisis telephone numbers as needed.

*\*Client must contact the CPR him/herself*

**The CPR Team is interdisciplinary; the team includes members with doctoral-level education and experience. The CPR provides individual counselling and group programs to Providence Health Care (PHC) employees and members of the medical staff.**

### Sessions

Counselling sessions for individuals are generally 50 minutes. Frequency of counselling sessions will be decided jointly by you and your CPR counsellor/psychologist.

### Cancellation Policy

If you must cancel a previously scheduled appointment, please contact your counsellor/psychologist directly or call/email CPR (604-806-8360 or [cpr@providencehealth.bc.ca](mailto:cpr@providencehealth.bc.ca)) at least 24 hours before the scheduled appointment.

### Confidentiality

All the information you share is confidential and excluded from hospital records.

### Our Responsibilities

Our primary interest is the welfare of our clients. Each member of the team follows the ethical guidelines and code of conduct of their respective professional bodies.

Each person seeking CPR services is entitled to information regarding the nature of the treatment, an estimate of the number of sessions required and what the expected outcomes may be. Please feel free to ask any questions regarding our credentials, theoretical orientation or areas of expertise.

## RESEARCH

The Centre for Practitioner Renewal (CPR) conducts research that develops evidence-based tools and practices that strive to enhance vocational satisfaction and compassionate service with measurable outcomes.

All CPR initiatives have an evaluation, quality assurance or research component and involve collaboration with colleagues across British Columbia, Canada and internationally. This focus on research and the partnerships with University of British Columbia (UBC) faculties allows Providence Health Care (PHC) to further its purpose in growing as a leading academic health centre and UBC to fulfill its mission of improving quality of life through research.

To date the Centre's research has been focused on further understanding the nature and effects of psychosocial and psychological risk factors on mental health and well-being in the health care workplace.

To learn more about our research initiatives, please visit our website: [www.practitionerrenewal.ca](http://www.practitionerrenewal.ca)

## EDUCATION

In collaboration with other wellness and change initiatives at PHC, the CPR seeks to create best practices for preventing psychosocial and psychological risk factors to mental health and emotional well-being and presents these to practitioners in a variety of formats, based on adult learning principles.

Activities include individual, group, and team-based workshops, lectures, conference presentations and supervision of clinical practice. Topics pertaining to professional development include stress education, self-awareness, cognitive reframing, effects of traumatic stress (both primary and secondary), communication skills, team agreements and charters, conflict resolution and leadership.