

When the Pain is in the Brain: Emotional Turmoil, Stress and Grief

Anxiety and stress are rampant in today's society. As life expectancies rise, so do grief expectancies. Whether it be the patient or team member that is struggling, many dental professionals are unaware how to help.

Repressed grief and emotional pain cause depression, sleeplessness, alcohol/substance abuse as well as cardiovascular disease. Grappling with grief and managing its side effects are skills dental professionals need to understand. Although we can't control when bad things happen to us we can control how we work to recover.

Dr. Harms draws from her experience in grief counseling and mediation to help participants recognize others' emotional needs and understand the physical and psychological effects of grief and the task of mourning. Learn proven grief and stress management methods that assisted her in her own emotional healing after the catastrophic losses of her mother and son to suicide. Explore the effects of grief, pain and suffering as well as the power of resilience, humor and joy. Increase your understanding of the emotional needs of patients, team members, families, even yourself and promote greater harmony in your personal and professional life.



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LEARNING OBJECTIVES:

- 👉 Identify the connection between emotional pain and dentistry
- 👉 Understand how to effectively manage office bullying and passive-aggressive behavior and how to minimize the damage
- 👉 Recognize the difference between mourning and grief
- 👉 Differentiate the specific features of the four tasks of mourning
- 👉 Define the various emotional illnesses which may affect our patients and team and understand how to adjust treatment or manage behavior
- 👉 Recognize the dental repercussions of emotional illness, stress and grief
- 👉 Update your knowledge on the latest information regarding preventing and surviving suicide

SUGGESTED FORMAT:

Full or Partial Day; Lecture, Workshop, Keynote

SUGGESTED AUDIENCE:

All Dental Professionals

Can be adapted to meet the requirements of most state boards of dentistry for suicide prevention.
Check with your state board for details.

