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CONTINUING MEDICAL EDUCATION

Signature Health Grand Rounds - Beyond Burnout: Creating Wellness Buffers for Supervisors, Staff and Teams

Date: February 19, 2026

Time: 8:00 AM-9:00 AM

Online

Krista Hiner, LPCC-S; Erin K Turner, LISW-S
Signature Health

Educational Objectives

At the conclusion of this activity, the participant should be better able to:

- 1 Describe the purpose and value of both clinical and administrative supervision in supporting high-quality patient care and staff wellbeing.
- 2 Recognize early signs of emotional overload, rumination, and emotional labor in themselves and in others on their team.
- 3 Practice the core components of the CE-CERT model and explain how these components relate to managing emotional strain in everyday work.
- 4 Gain awareness of how integrating brief regulation and reflection moments into supervision can strengthen clarity, reduce stress, and support compassion satisfaction.
- 5 Identify 2-3 micro-skills individuals can use personally and that supervisors can encourage during supervision.

Accreditation and Credit Designation Statements

Case Western Reserve University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Case Western Reserve University School of Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosures:

All relevant financial relationships have been mitigated. This activity's planners and speaker(s) have made the following disclosures:

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kim Hill, BA	Other Planning Committee Member	Nothing to disclose - 08/07/2025
Krista Hiner, LPCC-S	Faculty	Nothing to disclose - 01/19/2026
RACHAEL MCLAUGHLIN, APRN	Other Planning Committee	Paid consultant-Abbvie, Alkermes, Teva

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	Member	Pharmaceuticals - 03/25/2025
Greg Southard, M.Ed., IMFT-S, LPCC-S	Co-Director	Nothing to disclose - 06/20/2025
Libbie Stansifer, MD	Course Director	Nothing to disclose - 08/26/2025
Erin K Turner, LISW-S	Faculty	Nothing to disclose - 01/19/2026