

Resilience in EMS: What It Is and How to Get It

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Drew Anderson, Ph.D., EMT is an Associate Professor of Psychology at the University at Albany-SUNY, where he has been since 1998. He is an active teacher and researcher at the University at Albany, and he also maintains a part-time private practice in the Albany area with a focus on cognitive-behavioral interventions. Drew has been an EMT since 2011 and is currently a Lieutenant with Delmar-Bethlehem EMS.

EMS is by its nature a stressful profession, both physically and emotionally. This stress has costs- EMS providers are at increased risk for depression, anxiety, burnout, illness, and suicide. Fortunately, however, there are ways to learn to adapt and cope with stress and become more resilient. This presentation will cover current models of resilience as well as practical behavioral and cognitive strategies for becoming more resilient.

Presentation Outline:

- What is resilience?
- Behavioral strategies for increasing resilience
- Cognitive strategies for increasing resilience

Objective 1: Understand current models of resilience

Objective 2: Practice behavioral strategies for increasing resilience

Objective 3: Practice cognitive strategies for increasing resilience