

# Building Your Resilience

Presenter: Maureen O'Reilly-Landry, Ph.D.

## During the webinar, you will learn about:

- How stress affects our emotions, bodies, and relationships
- What is psychological resilience?
- Building resilience in patients, families, and caregivers
- Stress, trauma, and resilience in health care staff



**About the Presenter:**  
Maureen O'Reilly-Landry, Ph.D., is a Clinical Psychologist/Psychoanalyst and couples therapist. She founded and is co-chair (with Dr. Patricia O'Gorman) of the APA's Hospital, Healthcare, and Addiction Workers, Patients and Families working group. Former Director of Psychological Services at Apollo Healthcare, she has worked extensively with patients on chronic dialysis and with organ transplant recipients. She also works with parents of medically ill children.



**JOIN THE WEBINAR**

Register at  
[www.dpcedcenter.org](http://www.dpcedcenter.org)

By phone dial: 877-399-5186  
Enter Meeting Code: 433 459 5474



October 21, 2021



2:00pm EST