



Write Out of Burnout

A Support Group for Healthcare Workers

- **Start Date: April 2022**
- **Thursdays from 5:30 p.m. to 7 p.m.**
- **Virtually: Google Meet**
- **8 week commitment**
- **\$50 per session - out of network benefits may apply**

This group is for residents, medical students, ICU physicians, nurses, physician assistants, surgeons, social workers, therapists, nurse practitioners, psychiatrists, pediatricians, pharmacists, anesthesiologists, emergency responders and more...

This group is for any and all healthcare workers looking to process and reflect on their experiences in the field, with peers in a supportive environment. Collectively and individually you will use expressive writing to explore and heal from burnout and the emotional impact of your demanding work on the frontlines. No writing experience required.



Facilitator: Rebecca Morehiser, MSW-I



Rebecca's previous work in advertising and documentary film has informed her understanding of narrative, human behavior, and the transformative potential of putting thoughts and feelings into words.

TO REGISTER, PLEASE CONTACT: REBECCAM@NYCCOUNSELING.COM