

# CPE Activity Information

## HOME STUDY

### Trauma-Informed Resilience: Advancing Pharmacy Wellness

#### Activity Overview

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This presentation applies a trauma-informed lens to pharmacist and pharmacy technician well-being, exploring how awareness, self-care, and supportive systems can transform challenges into opportunities for resilience. Pharmacists and pharmacy technicians often experience high levels of stress, moral injury, and secondary trauma in their practice. Therefore, understanding how trauma affects both providers and patients is essential for building resilience and sustaining wellness. Following this presentation, participants will leave with practical strategies to recognize signs of trauma, mitigate burnout, and cultivate a healthier, more resilient practice environment.

This home study webinar is a recording of the live activity that was held on October 21, 2025.

<b>Activity Topic</b>	Additional Topic Areas
<b>Activity Format</b>	Home Study
<b>Universal Activity Numbers</b>	0205-0000-25-102-H99-P 0205-0000-25-102-H99-T
<b>Activity Date</b>	29-Oct-25 through 28-Aug-28
<b>Activity Type</b>	Knowledge-based
<b>CE Credits</b>	1.5 contact hours (0.15 CEU)
<b>Activity Fee</b>	\$20

## Target Audience

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This activity was designed to meet the educational needs of pharmacists and pharmacy technicians in all practice settings.

## Learning Objectives

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At the conclusion of this webinar, participants will be able to:

1. Explain the principles of trauma-informed care and their relevance to pharmacist and pharmacy technician wellness.
2. Identify the ways in which trauma and moral injury can contribute to burnout and reduced resilience in pharmacy practice.
3. Review trauma-informed strategies to support personal resilience and self-care.
4. Discuss approaches to foster a culture of safety, support, and resilience within pharmacy teams and workplaces.

## CPE Requirements

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To earn Accreditation Council for Pharmacy Education (ACPE) accredited CPE for this activity, participants must:

- be registered as an attendee,
- submit the activity code online using the NABP CPE submission site located at <https://nabp.pharmacy/claimcpe>,
- complete the activity in its entirety,
- answer the self-assessment questions at the beginning of the webinar, and
- review the activity handouts.

To obtain CPE credit, participants must also complete activity and speaker evaluations as well as pass the post-test with a score of 70% or higher.

All home study CPE submissions must be completed online within 60 days from the date you opened the activity.

## Presenter

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**Helen Sairany, PharmD, MBA, BCACP**, Executive Vice President, Georgia Academy of Family Physicians

## Home Study

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Log in to [NABP e-Profile](#) to purchase the home study activity. Instructions on how to complete the home study for this webinar will be sent via email.

## Additional CPE Information

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Contact NABP staff at [CPE@nabp.pharmacy](mailto:CPE@nabp.pharmacy) for information about CPE activities and instructions.



NABP and the NABP Foundation are accredited by the ACPE as providers of continuing pharmacy education (CPE).

ACPE Provider Number: 0205.

## System Requirements

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You will need a computer with high-speed internet access to view our screens and audio capabilities, via computer or phone, to hear the webinar. Browser requirements are as follows: Firefox (9.0+), Adobe Flash Player (10.3+), Google Chrome, and Safari (5.0+).

*Read more about the [policy on privacy and confidentiality](#).*