



# NABP

National Association of  
Boards of Pharmacy

## CPE Activity Information

**LIVE WEBINAR**

**Trauma-Informed Resilience: Advancing Pharmacy Wellness**



October 21, 2025

1-2:30 PM CDT

### **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.

Please note that the webinar capacity is 1,000 participants; registration does not guarantee entry. Those who are unable to join the meeting may purchase the webinar recording that will be posted online when it becomes available.

<b>Activity Topic</b>	Additional Topic Areas
<b>Activity Format</b>	Live Webinar
<b>Universal Activity Numbers</b>	0205-0000-25-101-L99-P 0205-0000-25-101-L99-T
<b>Activity Date</b>	21-Oct-25
<b>Activity Type</b>	Knowledge-based
<b>CE Credits</b>	1.5 contact hours (0.15 CEU)
<b>Activity Fee</b>	No Fee

## 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 ACPE-accredited CPE for this activity, participants must:

- be registered as an attendee,
- attend the activity in its entirety,
- answer the self-assessment questions provided by the presenters, and
- submit the activity code online using the NABP CPE submission site located at <https://nabp.pharmacy/claimcpe>.

To obtain CPE credit, participants must also complete activity and speaker evaluations.

All CPE submissions for the live session must be submitted online within 60 days from the webinar (no later than 12 PM on December 20, 2025).

## Presenter

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

## Registration

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Register for the upcoming live webinar. Additional details about participating will be sent via email prior to the webinar.

[Register](#)

## 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 Accreditation Council for Pharmacy Education (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: Google Chrome (most recent 2 versions) and Mozilla Firefox (most recent 2 versions). Read more about additional [system requirements](#).

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