

PAS 510: PROFESSIONAL WELLNESS

This course is designed to provide students with foundational concepts and skills to help build resiliency and prevent burnout by completing two distinct programs, Mental Health First Aid (MHFA), and the Healer's Art (HART). MHFA teaches students to identify, understand, and respond to signs or symptoms of mental health or substance use challenges, focusing on improving mental health literacy and reducing stigma surrounding mental health challenges. HART encourages students to engage in discovery-based, experiential learning that addresses a hidden crisis in medicine - the growing loss of meaning and commitment experienced by clinicians nationwide under the stresses of the current healthcare system.

Credits: 1

Department: [Physician Assistant](#)