

Provider Resilience: Keeping Ourselves Well

Contrary to the 'outside world's' perspective, being a health care provider is stressful! Research shows that Toxic Stress leads to higher rates of burnout, cognitive impairments, physical disease and mental health disorders. In this interactive session, Dr. Yillik will share current research on stress and how to minimize its impact in our daily lives.



Amy Waite Yillik, EdD

Dr. Amy Yillik's professional career highlights include serving as a School Psychologist in the Bend LaPine Public Schools, a School Counselor in Seattle Public Schools and Whatcom County, Washington, and serving as Adjunct Faculty at University of Southern California, Oregon State University and Seattle Pacific University. She is a Certified Trauma Specialist, a CONNECT Trainer, a Happy Teacher Revolution Facilitator and an Oregon State TBI Coach. She currently resides in Bend, Oregon where she works as a School Psychologist at a local high school, and regularly presents lectures at local and state conferences on

the topics of minimizing educator toxic stress & maximizing resilience, trauma, threat assessment, suicide pre- and post-vention, and reflective peer consultation.

In addition, Dr. Yillik collaborates with families, staff, and community members to promote learning and well-being of all educational participants. She was awarded Excellence in Education for her leadership and skills in helping a school and community navigate during and heal from a violent tragedy in a Central Oregon school.

Dr. Yillik earned her B.A. in Psychology at the University of Washington, her M.Ed in School Counseling from Seattle Pacific University, and her Ed.D. in Counselor Education and Supervision from Seattle Pacific University. Her personal wellness plan includes activities such as spending time with her 3 children, husband, extended family and friends, loom beading, crocheting, singing, playing the guitar, being in nature, traveling, scuba diving, hunting, fishing, skiing, creating art, reading and enjoying her home and four animals.