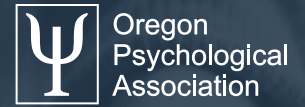


Oregon Psychological Association Webinar



Coping with Moral Distress and Building Resilience

Presented by: Jaimie Lusk, PsyD, ABPP

Friday, November 14, 2025
9:00am – 12:00pm PST

Register at opa.org

3 Hours of CEU

Speaker Bio



Jaimie Lusk, PsyD, ABPP, a clinical psychologist and consultant, specializes in evidence-based trauma therapies and moral injury treatment. With extensive experience in Cognitive Processing Therapy, Prolonged Exposure, and Acceptance and Commitment Therapy, she has led national trainings and developed interventions for healthcare professionals facing moral distress. Dr. Lusk's research on moral injury during the COVID-19 pandemic has provided valuable insights into the challenges faced by high-stakes professionals. Her holistic approach integrates mindfulness and nature-based practices to foster resilience and post-traumatic growth. As a thought leader in the field, Dr. Lusk is committed to empowering individuals to navigate the complexities of moral injury and cultivate purposeful living.

Course Description

"Coping with Moral Distress and Building Resilience" is a transformative CE course designed for psychologists seeking to deepen their understanding of moral injury and moral distress. Led by Dr. Jaimie Lusk, a renowned expert in trauma-informed care, this course offers a comprehensive exploration of the moral injury outcome scale and emerging treatments. Participants will engage in self-reflection, examining their own experiences of moral distress, and learn practical strategies from Acceptance and Commitment Therapy (ACT) and the Work that Reconnects to cultivate resilience. Through a blend of theoretical insights and experiential exercises, this course empowers psychologists to navigate the complexities of moral injury, both personally and professionally, and to support their clients in transforming moral pain into opportunities for growth and renewed purpose.

Learning Objectives

- Provide clear definitions and distinctions between moral injury and moral distress.
- Explore the various contexts in which moral injury and moral distress can occur, such as healthcare, first responders, the military, and humanitarian settings.
- Discuss emerging moral injury treatments including Acceptance and Commitment Therapy, Adaptive Disclosure, and Trauma-Informed Guilt Reduction.
- Examine measurements, including Moral Injury and Distress Scale (MIDS) the Moral Injury Outcome Scale (MIOS).
- Explore our own moral distress: Engage in self-reflection exercises to identify and acknowledge personal experiences of moral distress.
- Engage in exercises to promote engagement with values amid moral distress.