

Transforming Moral Distress to Moral Courage

Program Description

Originating in the field of nursing, the concept of moral distress refers to the physical, emotional, and psychological reactions a person experiences when they are unable to do what they feel is morally or ethically correct. One antidote to the powerlessness of moral distress is moral courage. This workshop will explore the characteristics of moral distress and moral courage. Using the stories of individuals with moral courage participants will learn about the barriers to moral courage and the communication skills and steps for effective personal advocacy and boundary setting.

Program Objectives

Upon completion of this program participants will be able to:

1. Identify the symptoms and causes of moral distress, moral residue, and moral injury.
2. List the barriers to moral courage.
3. Outline at least three situations that give rise to moral distress.
4. Name four individuals who exemplify moral courage.
5. Demonstrate communication skills that can be deployed to address threats to integrity.

Target Audience

Clinicians, case managers, social workers, counselors, psychiatrists, psychologists, educators, advocates, health, and human service practitioners

Program Agenda

Contact Hours

Up to 4.0 contact hours

Faculty

Dr. Kim Strom is the Smith P. Theimann, Jr. Distinguished Professor of Ethics and Professional Practice at the UNC-Chapel Hill School of Social Work. Dr. Strom teaches in the areas of direct practice, education, and human resource management. Her scholarly interests involve ethics, moral courage, and social work education. She is the former chair of the National Association of Social Workers' National Committee on Inquiry and is active in training, consultation and research on ethics and social work practice. She has written over sixty articles, monographs and chapters on ethics and practice. She is the author of *Straight Talk about Professional Ethics* and *The Ethics of Practice with Minors: High Stakes and Hard Choices* and the forthcoming text *Cultivating Courage*. Dr. Strom-Gottfried is also the co-author of the texts *Best of Boards*, *Direct Social Work Practice* and *Teaching Social Work Values and Ethics: A Curriculum Resource*. Dr. Strom also held an appointment as the UNC Institute for the Arts and Humanities Associate Director for the Academic Leadership Program, which helps prepare and support the next generation of academic leaders. Currently, she serves as Principal Investigator of the UNC

School of Social Work behavioral healthcare contract and has been recently appointed by the chancellor to serve as Director of the UNC - Chapel Hill Office of Ethics Education and Policy Management.