



WHOLE SOUL  
RETREATS

# FLOURISH

DOMINICAN REPUBLIC  
RETREAT 2024  
CURRICULUM BOOKLET





# BLOCK 1

## 1. CREATING A HEALTHY STATE OF MIND:

The mental tolls on overthinking and tools to manage racing thoughts

## 2. MANAGING ADVERSE OUTCOMES:

How to cope when grief grips you

## 3. RELINQUISHING CONTROL:

Controlling our actions in the OR and letting go of what we can't control

## 4. THE 'ON CALL' SCARIES:

Self-Care management tools

## 5. DAILY MEDITATION:

Strategies, benefits, and tools to make it a habit

## 6. THE IMPORTANCE OF SOCIAL SUPPORT IN MENTAL HEALTH:

friends, family, and colleagues that get you.

## 7. THE POWER OF THE POST-OP DEBRIEF

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# BLOCK 2

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## 1. C-SECTION EMERGENCIES: CRISIS MANAGEMENT

Placenta Accreta  
Postpartum Hemorrhage  
Stat C-Section

## 2. EPIDURALS:

An anatomy review, improving ease of placement, and troubleshooting strategies

## 3. TAP BLOCKS:

Implications, placement techniques, and benefits

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# BLOCK 3

## 1. OPIOID SPARING TECHNIQUES

## 2. MARIJUANA AND CBD USE:

Medicinal benefits and their effects  
on anesthesia

## 3. GREENHOUSE GAS EFFECTS OF ANESTHESIA GASES

## 4. G<sub>i</sub>P<sub>1</sub> ANALOGS:

Current recommendations and  
anesthetic implications

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# BLOCK 4

## 1. THE TRANSITION TO 1099 WORK AS A CRNA:

Removing the mystery of how to  
establish a business

## 2. INSURANCE REQUIREMENTS AND OPTIONS FOR SELF EMPLOYED ANESTHESIA PROVIDERS

## 3. THE POWER OF INVESTING:

How to secure a future as a  
1099 CRNA

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# BLOCK 5

## ‘CRISES + COFFEE’

1. LARYNGOSPASM
2. FLASH PULMONARY  
EDEMA
3. ADRENAL  
INSUFFICIENCY

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# BLOCK 6

## AESTHETICS

### 1. NEUROMODULATORS

Botox

Upper Face Anatomy

Lower Face Anatomy

OR Uses

Starting a Business

### 2. MANAGING ADVERSE OUTCOMES:

Fillers

Upper Face Anatomy

Lower Face Anatomy

Complications and Treatments

Guided Ultrasound Techniques  
for Placement



WE CAN'T WAIT TO  
LEARN WITH YOU



WHOLE SOUL RETREATS

Luxury Getaways for CRNA Women

