



HEARD VET: Swine Veterinarian Peer Support Group



HEARD VET is
a 25 minute virtual peer support meeting
for swine veterinarians.

In this meeting veterinarians use
a structured six question debrief protocol.

This HEARD VET protocol is designed promote
psychological resiliency and wellbeing.

In HEARD VET meetings, veterinarians
both benefit from and offer support
by listening to others and answering the 6 questions honestly

What to expect?

When you come to the zoom link debrief, Dr. Strand will greet you and then introduce you to one or two peers in a breakout room. Once in the breakout room each veterinarian will answer the 6 questions below while the other veterinary peers listen supportively. After each veterinarian is finished she or he can just leave the entire zoom meeting or can return to the main room to chat with Dr. Strand for any additional tips or resources you may need.

What are the questions to answer?

In the debrief you and one or two peers will each answer a set of 6 questions.

- 1) What have you been thinking about while you are supposed to be relaxing, sleeping, or spending time in hobbies or with loved ones. (i.e. is there something you can't quite shake or is bothering your peace of mind).
- 2) What did you do well in that situation or circumstance?
- 3) What do you wish you had done differently?
- 4) What did you learn from the experience?
- 5) Is there any change you need to implement to your approach in the future based on this experience?
- 6) Is there anything that you feel grateful for in this situation or generally?

It is important to note: This is not a therapy group and is not a substitute for psychiatric care, psychotherapy, or medical treatment. This is a peer support process.

Your attendance in a HEARD VET Group is private and not reported to AASV.

Also your anonymous feedback is always welcome.

You can email estrand@utk.edu or complete this quick form to HEARDVET can continue to grow in its efficacy in supporting swine veterinarians.