

FOSTERING EMOTION REGULATION TO NAVIGATE STRESS (FERNS) METHODS INSTITUTE 2026

JUNE 22 - JUNE 24, 2026

What is FERNS?

Fostering Emotion Regulation to Navigate Stress—is an evidence-based framework of positive emotion regulation skills designed to help individuals and teams manage stress, reduce burnout, and build resilience.

What is the FERNS Methods Institute?

Hosted in the Department of Medical Social Sciences at Northwestern University in Chicago, the FERNS Institute is a 3-day immersive training designed for professionals seeking to apply the evidence-based FERNS strategies in their work context. Whether you're in academia, clinical practice, or community-based programs, this workshop equips you with tools to be a FERNS champion and support positive emotion regulation strategies and resilience for you and your team.



Dr. Judith Moskowitz

Why Attend?

- **Hands-on training** in facilitating FERNS skills with your colleagues and co-workers
- **Interactive sessions** with expert trainers to tailor FERNS for your workplace
- **Video-based learning** and real-world applications
- **Continued community** of practice with professionals across disciplines

Who Should Attend?

- Anyone interested in applying FERNS in their academic, healthcare, or other workplace setting



Dr. Elizabeth Addington

Judith Moskowitz, PhD, MPH, and Elizabeth Addington, PhD, lead the field in advancing resilience and well-being through evidence-based strategies. Together, they developed the FERNS framework, combining decades of research with practical expertise to help individuals and organizations navigate stress and thrive.

They led the NPR Resilience Challenge, delivering these skills to thousands nationwide during a time of heightened national stress. Dr. Moskowitz brings over 25 years of experience studying positive emotion and resilience in high-stress populations, while Dr. Addington contributes her clinical health psychology expertise and focus on integrating behavioral interventions into healthcare and workplace settings.

Registration Details

- Cost: \$3,000
- Deadline to register is May 15th, 2026
- Scan the QR or click this link: <https://forms.office.com/r/7xpUvwAhf9> to register!
- Email: MSS_Education@northwestern.edu to submit any questions.

