



Recovering Resilience After the Pandemic (RRAP)

What is RRAP?

RRAP alleviates moral distress and supports people's resilience through a daylong, small-group, peer-facilitated process.



What can I expect from RRAP?

Moral distress is a response to high-stakes situations when harm occurs that is difficult or impossible to fix. RRAP lowers that distress by using mindful breathing and guided meditation; writing exercises about morally troubling experiences, and time to share them with others; positive group bonding via shared values; and tips on maintaining resilience and wellness. On-site facilitator training can be added to the program.

How is RRAP effective?

RRAP enables individual resilience through the support of peers and leaves participants calmer, better connected to others and themselves, and more resilient.

Who benefits from RRAP? What organizations or situations does RRAP help?

RRAP is for workplaces and organizations with staff whose work serving others involves high stakes or whose life circumstances create moral conflicts that are hard to resolve. RRAP can help foster more supportive, sustainable, and ethical cultures.

How do I learn more?

Contact us to get more information about RRAP, including pricing and options to customize RRAP to your needs. We will work together to identify a process attuned to your organization's context, conditions, and aims.

Contact Sam McAllister at:
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For more information, visit www.voa.org/moralinjury