

CHRYSALIS Participant Information Sheet

CHRYSALIS invites clergy, chaplains, and mental health professionals into a transitional space for reflection on and respite from the busyness and stress of work and life.

Aims include addressing occupational hazards like burnout and vicarious trauma and helping cultivate strengths and capacities that promote well-being.

Catalyzing
Helping professionals'
Resilience
Y
Spirituality
Authentic
Living and
Inner
Strength

All CHRYSALIS members:

- ◆ Meet eligibility criteria,
- ◆ Need internet access,
- ◆ Receive 8 weeks of programming based on latest research on enhancing well-being,
- ◆ Complete four Helping Professionals Surveys, and
- ◆ Can receive up to \$60 in gift card compensation.

Members are randomized into one of two CHRYSALIS formats.

Individual Format

- ◆ Complete the program on your own time.
- ◆ Modules are emailed every Monday.
- ◆ Weekly time commitment: 20-30 minutes.
- ◆ Weeks 1-4 close at the end of Week 4.
- ◆ Weeks 5-8 close at the end of Week 8.
- ◆ Journal responses are emailed to you after submitting each module.
- ◆ You have the option to receive personalized feedback halfway through and after the last module.

Group Format

- ◆ Attend weekly virtual meetings on Teams at a set day and time.
- ◆ Weekly time commitment: 75 minute meetings + 5 minute feedback form.
- ◆ Group size ranges from 4 to 6 members.
- ◆ Groups are led by two trained facilitators.
- ◆ Group members are all local clergy or all chaplains and are from diverse locations, career stages, religious traditions, etc.
- ◆ Meetings are recorded and transcribed as part of the research evaluation process.

CHRYSALIS Program Dates: June 22, 2026 – August 14, 2026

Questions can be sent to dires@bu.edu