

The Role of Mindfulness to Reduce Stress and Compassion Fatigue

Agenda

April 8, 2017

9:00 – 9:30	Welcome & Introduction	Michelle Simmons, RN, BSN (DNP PMHNP student)
9:30 – 10:45	Science of Stress and Mindfulness Impact on Mind & Body (MRI images) Risk of Burn Out & Compassion Fatigue Mindful Breathing Meditation Practice	Jeff Proulx, PhD
10:45 – 10:55	Break Beverages in Lobby. Bathroom in Hallway	
10:55 – 11:35	Mindful Self-Compassion Mindful Self-Compassion Practice	Heather Mackay, MEd, PSYD
11:35 – 12:15	Mindful Loving-Kindness Loving-Kindness Meditation	Liya Leng, MD, MPH
12:15 – 1:15	Lunch Optional - Yoga with Dr. Leng 12:15-12:45	
1:15 – 2:00	Physiology of Mindfulness & Stress Clinical Application	Reza Antoszewska, MS, NP-C
2:00 – 3:00	Physician Personal Experience Walking Meditation Practice	Hoa T. Ly, MD, FHM, CPE
3:00 – 3:15	Break Bathroom in Hallway	
3:15 – 4:00	Mindfulness in Clinical Practice Patient and Practitioner Testimonies Mindful Eating & Sleep Hygiene Mindful Breathing Meditation	Reza Antoszewska, MS, NP-C
4:00 – 4:30	Q & A Panel (Open with Stretch Session) Open Mic Questions	All
4:30 – 5:00	Closing Post-Workshop Survey	Michelle Simmons, RN, BSN (DNP PMHNP student)

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