The Role of Mindfulness to Reduce Stress and Compassion Fatigue

Agenda

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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