

The Role of Mindfulness to Reduce Stress and Compassion Fatigue

Presented by Washington State College of Nursing Office of Professional Development

Speakers in order of presentation: Michelle Simmons RN, BSN (WSU DNP PMHNP student), Jeff Proulx, PhD, Heather Mackay, M.Ed., Psy.D, Liya Leng, MD, MPH, Reza Antoszewska, MS, NP-C, and Hoa T. Ly, MD, FHM, CPE



Michelle Simmons, RN, BSN (DNP, PMHNP grad student at WSU)

Michelle began her career at the age of 18 as a CNA in Hawaii. She has spent the past 17 years working as a registered nurse in a variety of settings at UCLA, OHSU, and Providence. Her experience includes direct patient care, educator, and manager in settings which include ICU, ED, Home Health and Outpatient Clinics. Michelle owns and operates an Adult Family Home for seniors. She enjoys creating a positive atmosphere that fosters peace, unity, and teamwork. She is a woman of faith and has embraced mindfulness and meditation as a lifestyle. She is currently a grad student at WSU in the Doctorate of Nursing Practice, Psychiatric Mental Health Nurse Practitioner program. She will be graduating this spring. As part of her Doctorate of Nursing Practice project, she has studied Mindful Self-Compassion and is coordinating this Mindfulness Retreat/Workshop. In her free time, she enjoys nature, outdoors, and time with her family, and is active in her community. She is also a white-water rafting guide on the side!



Jeffrey Proulx, Ph.D.

Postdoctoral Fellow, Department of Neurology, OHSU

As I grew up, I was affected by stress-related outcomes I witnessed in Native American and African American communities. However, I was much more influenced by the strengths of these communities, which have guided my research into the positive features of underserved communities as a means to address health disparities. As a health psychologist, I was drawn to OHSU because of the promise of bridging research, clinical, and community-based outreach. My appointment as a T32 postdoctoral fellow in Oregon Center for Complementary and Alternative Medicine in Neurological Disorders (ORCCAMIND) gives me the ideal context and training to sharpen my research skills in stress reduction. However, the OFDIR program is the catalyst for taking this research into a career in health- and diversity-related research.

I have lived in the Pacific Northwest for many years and completed my graduate education at Oregon State University. I am also an outdoor enthusiast (skiing, trail running, biking, rock climbing), so it was only natural that I choose to stay in Oregon for this stage of my career. Further, Portland is an interactive and diverse city, which I anticipate will be a model for diversity-related research. My research necessarily involves direct interaction with people within and outside of OHSU, and I hope that my research here will become integrated into the character of Portland across a range of cultural and ethnic groups.



Heather Mackay, MEd, PsyD

Heather obtained her Bachelor's degree in Speech Language Pathology/Audiology in California, and went on to pursue her Master's in Education from Lewis and Clark College in Oregon. Acceptance and Commitment Therapy and mindfulness were a focus of her doctoral program in Clinical Psychology at George Fox University. She is currently a Post-Doctoral Research Fellow at Legacy Research Institute where she provides cognitive and affective assessments for patients experiencing vestibular disorders. She also offers mindfulness based interventions to her patients as a way through the anxiety and depression that often accompany and exacerbate vestibular disruption. She has recently launched a monthly mindfulness meditation training for providers and staff of Legacy Research Institute and the Central Lab. She has been practicing yoga and mindfulness for the past seven years.



Qian Liya Leng, MD

Liya got her first lesson in mindfulness from her grandmother. One morning as a young child in China, she awoke unexpectedly and found that her grandma was not in their home. She went to a nearby park to search for her and found her doing tai chi. In the early morning, with the fog just beginning to lift, she watched as twenty or so elderly practitioners moved as one, in tune with their breath, with their bodies, and with the nature that surrounded them. She understood on an intuitive level that the connection between body, mind, and breath produced a profound sense of peace and health in practitioners of all types.

While she was earning her MD and MPH from Harvard University, she was inspired by her early experience to embark on yoga teacher training. Liya began teaching yoga and mindfulness in 2008 and since then has completed over 600 hours of training in this field. Her interest in the mind-body connection led her to become an acupuncturist as well as an internal medicine doctor. Her passions in teaching mindfulness are to inspire self-kindness through metta and to access the wisdom of the body through yoga nidra.



Reza Antoszewska MS NP-C

Reza received her BS in Nursing from the State University of NY at Buffalo. She received her NP education at Northeastern University, and has an MS in Computer Engineering from Boston University. She has studied Mind/Body Medicine at Harvard Medical School, Himalayan Institute and a variety of other settings. Since 2009, Reza provides a holistic care practice to oncology and chronically ill patients at Legacy Cancer Institute. Mindful practices are an integral part of her patient practice to help treat a variety of patient conditions and issues. She also provides mindfulness and meditation training for patients, providers and staff within the Legacy Health System.



Hoa T Ly, MD, FHM, CPE

Hoa T Ly, MD, FHM, CPE graduated from the University of California, Irvine School of Medicine in 2000. He specialized in Internal Medicine and works as a hospitalist with Legacy Medical Group. Dr. Ly is a member of the committee that provides oversight and direction for Legacy's population health services and Care Support Resources clinical and business operations. Mindfulness is incorporated into his practice of medicine and leadership/management. He has an extensive background in Mindfulness with personal and clinical

application. He has been practicing mindfulness for more than 20 years. He has been providing mindfulness training to nurses, physicians, non-clinical staff, and support groups for the last 3 years.