

## **RISE for Healthcare Professionals**

Dates: June 2-5, 2019

Presenters: Lisa B. Nelson, MD; Jennifer Johnston, LMHC, PhD, E-RYT

Program Location: Kripalu Center for Yoga & Health, Stockbridge, MA

### **Program**

This RISE Leadership Intensive for Healthcare Professionals is an opportunity to experience first-hand the evidence-based RISE program for mindful stress resilience. Proven to reduce stress and increase mindfulness, the RISE program gives the tools necessary to manage burnout, improve personal health, and enhance patient care.

- Unpack workplace and industry stressors and their impact on your personal well-being
- Examine mindful stress resilience and its relevance to overcoming burnout and enhancing patient care through scientific research and real-world application
- Explore personal and system-wide barriers to mindful clinical practice and map an approach to reinvigorate your work as it relates to mission and service
- Learn to use several mindfulness-based tools to manage stress and enhance service.

**Overall Purpose/Goal of Program:** The overall goal of the program is to introduce health care providers to evidence-based mind-body tools to manage burnout to support career longevity and compassionate care.

Target Audience: Introductory to Advanced Level Mental and Behavior Health Professionals.

### **AGENDA**

#### **Sunday, June 2, 2019**

5:30-7:30pm                  Dinner

7:30-9:00pm                  Program Session:  
Welcome and Program Introduction  
Building Resilience to avoid burnout  
Cultivating compassionate care  
Learning Objectives:  
▪ *Recognize and list at least three reasons to build resilience to avoid burnout and cultivate compassionate care*

#### **Monday, June 3, 2019**

7:00-8:30am                  Breakfast

9:00-11:45am                  Program Session  
RISE Model for Mindful Stress Resilience  
Learning Objectives:  
• *Describe a mindfulness-based approach to resilience*

- *List at least 3 general symptoms of chronic stress*
- *List at least 3 general symptoms of burnout and depletion*
- *Practice and share the 3C Centering tool for mindful resilience to model effective self-regulation for clients*
- *Identify at least one personal signs of stress that can be addressed through mindful-resilience tools*
- *Identify at least one personal ineffective response to stress that can be addressed through mindful resilience tools*
- *Practice an integrated RISE sequence of mind-body tools to sustain mindful resilience*

11:45am-1:30pm      Lunch

1:45-3:45pm      Program Session:  
Embodying Calm: The Foundation of Clinician Resilience  
Learning Objectives:

- *List at least three practices to increase heart rate variability and physiological resilience to share with clients*
- *Explain benefits of breath-related practices on heart rate variability to clarify benefit for clients*
- *Explain how to do a Complete Breath to build a more calm response to clients and enhance client care*

5:30-7:00pm      Dinner

## **Tuesday, June 4, 2019**

7:00-8:30am      Breakfast

9:00-11:45am      Program Session  
Cultivating Clarity: The Mindful Clinician Advantage  
Learning Objectives:

- *Explain one meditation technique to cultivate mindfulness and avoid burnout*
- *Explain one mindful listening technique to create more mindful response to clients*
- *Explain the benefits of meditation practices on wellbeing and cognitive performance to clients to enhance client care*
- *Explain an integrated RISE sequence of mind-body tools to sustain mindful resilience*

11:45am-1:30pm      Lunch

1:45-3:45pm      Program Session:  
Deepening Connection: Compassionate Self and Patient Care  
Learning Objectives:

- *Explain one self-focused technique to create a positive mindset to avoid burnout and enhance compassionate care to clients*
- *Explain one community-focused technique to create a positive mindset and avoid burnout and enhance compassionate care to clients*

- *Explain benefits of positive-mindset practices on wellbeing to enhance client care*

5:30-7:00pm                      Dinner

### **Wednesday, June 5, 2019**

7:00-8:30am                      Breakfast

9:00-11:45am                      Program Session  
 Action Planning: Practicing an integrated RISE sequences of mind-body tools; exploring system-wide barriers to mindful clinical practice; and creating a self-care plan that maps RISE tools onto daily life to sustain resilience and support compassionate care to clients.  
*Learning Objectives:*

- *Explain an integrated RISE sequence of mind-body tools to sustain mindful resilience*
- *Discuss the personal and system-wide barriers to mindful clinical practice and map an approach to reinvigorate your work as it relates to mission and service.*
- *Create a Self-Care Plan that maps RISE tools onto daily life to sustain resilience and support compassionate care to clients*

11:45am-1:30pm                      Lunch

### **Presenter(s) Bio**

**Lisa B. Nelson, MD**, is a practicing family physician in Pittsfield, MA. She serves as the Director of Medical Education at Kripalu Center for Yoga & Health and medical director of The Nutrition Center, a nonprofit organization whose mission is to inspire a healthy relationship with food through counseling, nutrition, and culinary education for school-aged children.

Dr. Nelson is a clinical instructor in the department of family medicine and community health in the School of Medicine at the University of Massachusetts and clinical assistant professor in the department of family medicine at the University of New England College of Osteopathic Medicine. She serves on the advisory board for the Healthy Living Resource Center for Maine General Hospital and works with numerous community groups and allied health professionals throughout the Northeast to increase awareness about the treatment and prevention of chronic disease through changes in exercise and nutrition. She has presented her work at the US Capitol and Library of Congress and provided the keynote address for the Advocacy Academy, hosted by the Prevent Cancer Foundation.

She is coauthor with Annie B. Kay, of *Yoga and Diabetes*, published by the American Diabetes Association in 2015.

**Jennifer Johnston, LMHC, PhD, E-RYT**, is a licensed psychologist, mental health counselor and yoga instructor. A primary area of interest for her has long been integrating psychotherapy with mind/body interventions so as to provide a compassionate and spacious environment for growth and transformation for those with whom she works. She has worked extensively with

people who have experienced trauma, including active duty military and veterans as well as their families, adolescents, and adults. Currently she works in private practice with individuals (adolescents and adults) and couples, and uses skills-based, relational, and integrative interventions to help people with a variety of mental health concerns and life issues appreciate and connect more deeply with their own experiences and that of their partners. Dr. Johnston recently worked at the Lowell Vet Center, providing clinical and mind-body interventions with veterans and their families. She also directed yoga and educational programs and conducted mind-body research at the Benson Henry Institute (BHI) from 2000–2007. Dr. Johnston has been involved in mind-body research for several years, conducting the protocols with adolescents, young adults, older adults, and people with chronic health concerns as well as healthy individuals.

Dr. Johnston received her doctoral degree in counseling and school psychology from Northeastern University, during which time she enhanced her neuropsychological assessment and counseling skills in hospitals and in the Veterans' Administration (VA) system working with veterans and conducted research on mind/body interventions. During her master's degree from Lesley University, Dr. Johnston applied mental health interventions including a holistic studies/integrative framework.

### **Program Costs and Registration**

Please visit [www.kripalu.org](http://www.kripalu.org)

### **Cancellation Policy**

Continuing Education payments will be refunded in full if you cancel 14 or more days prior to your arrival date. If you cancel less than 14 days before your arrival date, or you do not show up, you will not be eligible for a refund or credit.

### **Conflict of Interest/Commercial Support**

Programs indicating the availability of psychology CE credits have been reviewed to be free of any potential conflict of interest and/or commercial support unless otherwise noted.

### **Grievance Policy**

To request a copy of Kripalu's CE grievance procedure, please contact the Continuing Education Coordinator at [cec@kripalu.org](mailto:cec@kripalu.org) or 413.448.3127.

### **Certificate Issuance**

You will receive your certificate, via email, within 6–8 weeks of your program's end date.

### **Psychology – 13 CE Hours**

R. Cassidy Seminars is approved by the American Psychological Association to sponsor continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program and its content. 13 CE hours.

Participants must have paid tuition fee and CE fee to Kripalu, signed into each session, attended the entire program, and completed a CE application through Kripalu, and an evaluation through R. Cassidy Seminars in order to receive a certificate. Failure to sign in for each session will

result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

The CE application can be obtained at the front desk of Kripalu. R. Cassidy Seminars will email a program evaluation to the participant. Once completed, a CE certificate will be generated.

### **Social Work – 13.5 CE Credits**

Programs have been approved for Category 1 Continuing Education hours for relicensure, in accordance with 258 CMR through the collaborative of NASW and the Boston College and Simmons College Schools of Social Work. Kripalu is not recognized by the state of New York to offer continuing education credits to social workers through the Collaborative of NASW-MA Chapter and the Boston College and Simmons College Schools of Social Work.

### **Nursing – 15.9 CE Credits**

Nursing Continuing Education Credits provided through Berkshire Area Health Education Center (AHEC). This course is designed for Registered and Licensed Practical Nurses, CNA's, and other health care and human service professionals and meets the requirements nursing contact hours as specified by the Massachusetts Board of Registration in Nursing - 244 CMR 5.04.

### **MD/DO – 13.75 CME Credits**

Berkshire Health Systems designates live educational activities for AMA PRA Category 1 credits(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Berkshire Health Systems is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

This activity have been planned and implemented in accordance with the Essential Areas and Policies of the Massachusetts Medical Society for Continuing Education through the Joint Providership of Berkshire Health Systems and Kripalu Center for Yoga & Health.

**Disclosure** In accordance with the ACCME Standards of Commercial Support<sup>™</sup> disclosure will be made before the program regarding the existence of any relationships that exist between the faculty and the manufacturers of any commercial products.

### **Massage Therapy – 13.5 Credits**

Kripalu Center for Yoga & Health is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. Provider # 450645-08. Kripalu is not recognized by the state of New York to offer continuing education credits through the NCBTMB.

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application through Kripalu.

The CE application can be obtained at Kripalu's front desk upon arrival.

### **Registered Dietitians – 13.5 CE Credits**

Kripalu Center for Yoga & Health is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR), the credentialing agency for the Academy of Nutrition and Dietetics. Provider # KC200

Participants must have paid tuition fee and CE fee to Kripalu, attended the entire program, and completed a CE application through Kripalu.

The CE application can be obtained at Kripalu's front desk upon arrival.

*For additional CE information, please visit <https://kripalu.org/content/continuing-education-credits>*