

## **RISE for Healthcare Professionals**

Dates: January 19-22, 2020

Presenters: Lisa B. Nelson, MD; Sam Chase, MFA, 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, January 19, 2020**

5:30pm-7:30pm      Dinner

7:30pm-9:00pm      Session

Welcome and Program Introduction  
Building Resilience to avoid burnout  
Cultivating compassionate care

Learning Objectives:

- *List at least three reasons to build resilience to avoid burnout and cultivate compassionate care*

#### **Monday, January 20, 2020**

7:00am-8:30am      Breakfast

9:00am-11:45am      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

1:45pm-3:45pm

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*

5:30pm-7:00pm Dinner

**Tuesday, January 21, 2020**

7:00am-8:30am Breakfast

9:00am-11:45am

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

1:45pm-3:45pm

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*

5:30pm-7:00pm Dinner

### Wednesday, January 22, 2020

7:00am-8:30am Breakfast

9:00am-11:45am 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.

**Sam Chase, MFA, E-RYT** designs and delivers programs in mindfulness, yoga, and resilience for organizations nationwide, and specializes in working with communities that serve in high-stress circumstances. After graduating from Vanderbilt, he was invited to compete for the Rhodes and Marshall scholarships. Upon winning, he declined the award and left the field to pursue the work he continues today—exploring the science of the human mind and the factors of a flourishing life. He brings that study back to the business world through his work with clients including UBS, Bloomberg, and many others. He has shared mindfulness principles and practices with world leaders through an ongoing yoga and meditation program he developed for staff at the United Nations headquarters in New York; and also with the service men and women of the National Guard, where he created the yoga program for a pioneering resilience intervention led by researchers at Weill-Cornell Medical Center.

His work as a bridge builder between academia and everyday people interested in well-being continues today as he leads yoga and meditation programs for students at New York University, and the Columbia-

Bassett medical school. Sam is also author of *Yoga & The Pursuit of Happiness*, a down-to-earth guide to the philosophy and science behind yoga. He has trained more 1,000 yoga teachers in more 40 programs around the country during the last decade. Sam holds a master's degree from Harvard, where he was the national recipient of the Jacob Javits Fellowship. He is a graduate of the Kripalu School of Yoga where he currently serves as the Lead Facilitator for the RISE™ program.

### **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>*