

REGISTRATION

Register Directly Online at:
<https://www.ccwny.org/mindfulness>

There is no paper ticket: Your e-mail confirmation reserves your spot.

If unable to register online, please contact Gabrielle Harrington at (716) 218- 1450

There is no commercial support or sponsorship for this educational activity.

Planners and speakers have declared they have no conflict of interest related to this program.

This training has been approved for 3 live contact hours. Awarding of contact hours requires attendance at all of the class and the participant completing an evaluation. No partial credit will awarded for partial attendance.

RN: Catholic Health System is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Social Workers: Catholic Charities of Buffalo, New York SW CPE is recognized by the New York State Education Department's State Board of Social Work as an approved provider of continuing education for licensed social workers #0191.

**Mindfulness Techniques for
Extraordinary Living and Care :
May 8th, 2017**

Location:

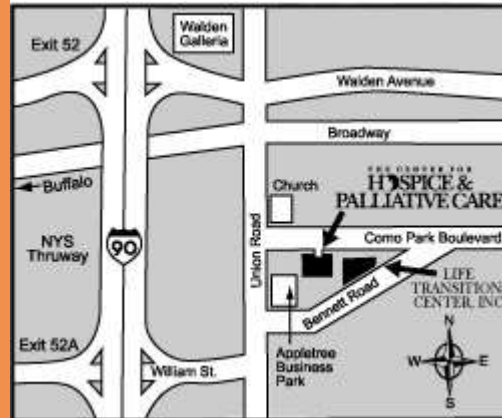
**The Center for Hospice
and Palliative Care
225 Como Park Blvd.
Cheektowaga, NY 14227**

Fee: \$25.00

**Deadline for Registration: May 1
*Space is limited, early registration
is encouraged***

Map & Driving Directions:

Hospice Buffalo Campus



To Hospice Buffalo Campus:

From North: Thruway (I-90) West to Exit 52 East - Walden Avenue East for .5 mile to Union Road, right on Union Road for 1 mile to Como Park Blvd., left onto Como Park Blvd., .5 mile to The Center on right.

From South: Thruway (I-90) East to Exit 52A East - William Street, right onto William Street East, William Street for 1 mile to Union Road, left onto Union Road for 3/4 mile to Como Park Blvd., .5 mile to The Center on right.



MINDFULNESS TECHNIQUES FOR EXTRAORDINARY LIVING AND CARING

 Catholic Health
Sisters of Charity Hospital

Co-Sponsored by:



Approved for 3 CE Credits for RN and LMSW

PROGRAM

This interactive workshop will share the techniques and practice of mindfulness. Mindfulness is a behavior that empowers you to realize your potential through self-regulation and skillful living tools leading to positive effects on mood, stress and caring for self and others. Please join us for this journey to extraordinary living and caring.

7:30-8:15 Registration and continental breakfast, healthy choices

Gabrielle Harrington, Moderator

8:15-8:30 Welcome, Hospice and Palliative Care CEO

8:30-9:30 Dr. Loralee Sessanna: Utilizing Mindfulness Techniques for self-care

9:30-10:30 Dr. Debbie Raines: Mindfulness Intervention for Everyday Leading and Caring effectiveness

10:30-10:50 Break

10:50- 11:50 Dr. Patti Nisbet: Clinical applications for Mindfulness Techniques- use with chronic pain, and chronic disease

Annie Scherer-Allen will provide a mindfulness technique at the end of each presentation

11:50-12:00 Wrap-up and evaluation

**All presentations will allow for 10 minutes of audience questions.*

Proceeds from today's seminar will go to Continuing Care Foundation, Car Seat Program



Dr. Loralee Sessanna DNS, RN, CNS, AHN-BC

is a Clinical Associate Professor in the School of Nursing at the University at Buffalo. She graduated from D'Youville College in

2000 as a Clinical Nurse Specialist with a master's degree in Community Health Nursing. In 2006, she completed a Doctor of Nursing Science Degree at the University at Buffalo. She is board certified as an advanced holistic nurse through the American Holistic Nurses Association and is a trained Faith Community Nurse. Currently, Dr. Sessanna teaches junior and senior level undergraduate nursing students and doctoral level students in the School of Nursing at UB and is also a qualitative nurse researcher.



Dr. Debbie Raines PhD, EdS, RN, ANEF

is an expert in the areas of perinatal, neonatal and maternal care. She is an Associate Professor in the School of Nursing at the

University at Buffalo. Her current research focuses on using hi-fidelity simulation to enhance care transitions, specifically the transition of the infant from the NICU to home. She is also investigating whether family, cultural and geographical influences may lead some mothers to place their newborn children in unsafe sleeping positions. Dr. Raines trains UB nursing students gaining clinical experience within the labor and delivery, maternal-newborn and neonatal intensive care units at Sisters of Charity Hospital in Buffalo



Dr. Patti Nisbet DNP, PMHNP-BC is a Clinical Assistant Professor and Coordinator of the Psychiatric Nurse Practitioner Program in the

School of Nursing at SUNY Buffalo. She is a qualified facilitator of Mindfulness Based Stress Reduction (MBSR) through the University Of Massachusetts School Of Medicine's Center for Mindfulness. Patricia has a Psychiatric NP practice integrated into a pediatric office and facilitates MBSR groups with adults experiencing chronic pain/illness and/or depression and anxiety disorders.



Annie Scherer- Allen BA, LMT, CMLDT

has over 25 years' experience as a certified mindfulness trainer, certified contemplative end of life

care practitioner, licensed massage therapist, certified hatha yoga teacher and certified manual lymph drainage therapist. She works systematically by teaching individuals how to relax through facilitating conscious moment to moment contemplative presence, and problem solving postural issues that cause pain using conscious embodiment, movement, meditation and yoga.



Gabrielle Harrington is currently the Staff Development Coordinator at Catholic Charities. She studied Political Science, Values Ethics and Social

Action at Allegheny College. Gabrielle has been actively involved in the Buffalo community and a dedicated member of the human services not for profit workforce.