Caregiver Retreat

Wellness & Self-Compassion for the Healthcare Provider

November 1-3, 2019

Agenda

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|  | Friday, November 1st | Saturday, November 2nd | Sunday, November 3rd |
| 7 a.m. |  | Butte Hike | Yoga | Butte Hike | Yoga |
| 8 a.m. | Breakfast | Breakfast |
| 9 a.m. | PresentationDr. Tina RunyanMindfulness Practice Module 4- Self-Compassion | PresentationDr. Tina RunyanMindfulness Practice Module 7- Burnout & Resilience |
| 10 a.m. |
| 11 a.m. | PresentationDr. Tina RunyanMindfulness Practice Module 6- Grief & Loss (plus responding to suffering) | Breakout Sessions (11-12:30)* Brain Research- Katherine Schwartz, LCSW
* TBD
* TBD
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| Noon |
| 1 p.m. | LunchRound Table Discussions* Coping with caring during end of life- Dr. Chris Jons
* Advocacy in medicine/ healthcare- Dr. Caitlin Blau
* Recognizing strengths- Katherine Schwartz, LCSW
* Plan for personal resilience- Dr. Christine Lustik
 | Lunch |
| 2 p.m. | Breakout Sessions (2-3:30)* Art Activity- Kate Crouch
* Self-Accupressure- Shawn Robertson
* Healthy Cooking- Chef Joe Colistro
 | PresentationDr. Tina RunyanMindfulness Practice Module 12- Bringing it home |
| 3 p.m. | Arrival- Check-in/ Registration |
| 4 p.m. | Breakout Sessions (4-5:30)* Mindfulness Practice Module 5- When things go wrong (medical errors)- Dr. Tine Runyan
* Osteopathic manipulation- Dr. Caitlin Blau & Dr. Dan McCarthy
* Butte Hike- Mindfulness in Nature- Dr. Christine Lustik
 | Departure |
| 5 p.m. | Keynote Address 5-6:30 p.m.Dr. Tina RunyanMindfulness Practice Modules 1 & 2- Introduction & Noticing |
| 6 p.m. | Dinner & Social Time- 6:30 |
| 7 p.m. | Dinner & Social Time6:30-7:30 p.m. | Entertainment- 7:30The Misfortune Tellers |
| 8 p.m. | Entertainment- Bits & Pieces |
| 9 p.m. | Screening of “Happy” | Free Time- Hot tub, coffee bar, rec room, art barnChair Massages available by appointment |
| 10 p.m. | Free Time- Hot tub, coffee bar, rec room, art barn |
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Keynote Speaker-

Tina Runyan, PhD, ABPP

Professor

Department of Family Medicine and Community Health

University of Massachusetts Medical School

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Dr. Runyan is a professor in the Department of Family Medicine and Community

Health at the University of Massachusetts Medical School. She is the director of

Behavioral Science for the Worcester Family Medicine Residency Program and the

director of a post-doctoral fellowship in clinical health psychology in primary care.

For 19 years has been practicing, teaching and training behavioral health providers

and physicians in models of interprofessional and collaborative primary care. Dr.

Runyan is a nationally recognized leader in collaborative care and serves as the

immediate Past-President of the Collaborative Family Healthcare Association

(CFHA). She has written and presented extensively about integrated care and is also

involved with developing and implementing education, training, and policies to

promote clinician well-being in medicine. Dr. Runyan also serves as the house

officer counselor for Graduate Medical Education at UMMS, treating resident and

fellow physicians.

Several years ago Dr. Runyan identified an unmet need within the family medicine

residency curriculum to address resident wellness and burnout prevention.

Drawing on her training as a 200-hour registered yoga teacher, her training in

Mindfulness-Based Stress Reduction (MBSR) and Mindfulness Based Cognitive

Therapy (MBCT), and her health psychology roots she developed and implemented

a longitudinal wellness curriculum. She is now leading a departmental initiative for

promoting faculty well-being, helps other departments implement mindfulness in

medicine and well-being initiatives, and runs a year-long mindful physician

leadership course for physicians across Massachusetts.