

Presenters

Barbara M. Dossey, PhD, RN, AHN-BC, FAAN, International Co-Director, Nightingale Initiative for Global Health - Arlington, Virginia, and Ottawa, Ontario, Canada; and Director, Holistic Nursing Consultants - Santa Fe, New Mexico.

Gen Kelsang Gomlam, ordained Kadampa Buddhist Nun, Resident Teacher at Kadampa Meditation Center Albuquerque, NM; involved in studying, practicing and teaching Buddhist meditation and philosophy in the Kadampa Tradition for 12 years; former Registered Nurse, practicing for over 25 years in Colorado and New Mexico in the areas of Cardiac/Intensive Care and Palliative/Hospice Care.

Cynthia Geppert, MD, PhD, MPH, Chief of Consultation Psychiatry & Ethics, New Mexico Veterans Health Care System; Associate Professor, Department of Psychiatry; Director of Ethics Education – University of New Mexico School of Medicine; Adjunct Associate Professor in the Religious Studies Program - University of New Mexico.

Planning Committee

Amy Bubbico, FNP, CPN Lisa McCade
Randy Collins, MSW Lin Sorensen, APRN
Anita Davenport Rev. Don Thurn, BCC
Rev. Bill Dorman, BCC Robert Turner, MD
Rev. Jenny Lannom, BCC

No person on the grounds of race, color, creed, national origin, age, sex or handicap shall be excluded from the participation, be denied benefits of, or be subjected to discrimination under any program or activity of Presbyterian Healthcare Services.

Accreditation

AMA:
Presbyterian Healthcare Services is accredited by the New Mexico Medical Society (NMMS) to provide Continuing Medical Education for physicians.

Presbyterian Healthcare Services designates this educational activity for a maximum of 6.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

AAFP:
6.5 CMEs applied for from the American Academy of Family Physicians.

NMNA:
6.5 CEUs applied for from the New Mexico Nurses Association.

Counselors:
6.5 CEUs from the New Mexico Counseling & Therapy Practice Board.

Social Workers:
6.5 CEUs applied for from the New Mexico Board of Social Workers.

Acknowledgement

The Presbyterian Healthcare Foundation is pleased to announce that the *Dorothy Burgess Turner Memorial Endowment Fund for Spirituality and Health Education* helps fund Presbyterian's Department of Chaplaincy Services' Spirituality and Health Conferences.

Registration

The registration fee:

\$60.00 – General population

\$40.00 – Students with a valid Student ID

The registration fee includes the program and lunch. To register, complete the attached registration form. If you wish to pay by credit card, we must have a signed registration form indicating the method of payment and the credit card number. Please mail the registration form, along with your registration fee to:

Spirituality and Health

PHS Chaplaincy Services

P.O. Box 26666

Albuquerque, NM 87125-6666

To download an Adobe version of the registration form, go to: www.phs.org/phs/Chaplaincy/index.htm

When you complete the form, you may mail or fax in your registration.

Day of Conference On-site Registration:

\$70.00 – General population

\$50.00 – Students with a valid Student ID

All persons who register at the door on the day of the conference are not guaranteed lunch or the conference handbook (course syllabus).

Registration Deadline: All registrations must be received by Friday, October 2, 2009, at which time registration closes.

Cancellation and Refund: All cancellations must be received on or before Friday, October 2. No refunds after October 2, 2009.

For more information call (505) 841-1191

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Albuquerque, NM

8th Annual
Spirituality and Health Conference

Health and Wholeness: Finding Harmony in a Stressful World



Friday, October 9, 2009

University of New Mexico
Continuing Education Center
Learning Center Auditorium
1634 University Blvd.
Albuquerque, NM 87102

Presented by:
Spirituality and Health Center
Presbyterian Healthcare Services

PRESBYTERIAN

Presbyterian Healthcare Services
Chaplaincy Services
P.O. Box 26666
Albuquerque, NM 87125-6666
www.phs.org

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Health and Wholeness: Finding Harmony in a Stressful World

This conference is designed for all physicians and healthcare practitioners, counselors and therapists, social workers, clergy members of all faiths, and lay people. It will focus on: exploring the mind, body, spirit connection; ethical considerations; and the application to clinical practice, self-care, and spirituality and health.

Presentations and Objectives:

“How To Solve Our Human Problems” Gen Kelsang Gomlam (Kadampa Buddhist Nun)

Overview: Practical methods to improve our human nature and qualities through developing the capacity of our mind. In particular by recognizing, reducing and eliminating the primary internal causes of stress and disharmony.

- Identify key human problems.
- Examine the source of our human problems.
- Explore ways to solve our human problems.
- Examine ways to cultivate special attitudes and intentions that promote and create mental and physical well-being within the context of busy modern life.

“Healing Rituals and Self-Care” Barbara Dossey, PhD., RN, AHN-BC, FAAN

Overview: Explore how to harness the power of the imagination to create healing rituals, and how personal imagery is able to combine belief systems and innate healing abilities with modern medical technology. Practitioners and other interested individuals are convinced that the mind and spirit profoundly affect a person’s health.

- Review the three phases of healing rituals.
- Examine how healing rituals can bring more presence, compassion, gratitude, forgiveness, mindfulness, resilience and harmony into our lives.
- Reflect how integrating healing rituals and sharing personal stories with a trusted person/friend can reduce pain and suffering.
- Explore the “Ritual Guide to Getting Well.”

“The Transformative Power of Compassion: Suffering and the Ethics of Resilience” Cynthia Geppert, MD, PhD, MPH

Overview: This presentation will integrate religious, ethical and psychological formulations regarding the transformative power of compassionate responses to suffering and trauma to create an ethical orientation that embodies and nurtures resilience.

- Recognize the historic religious and ethical teachings regarding suffering and compassion.
- Examine contemporary psychological understandings of trauma and resilience.
- Explore the benefits of receptivity to divine and human compassion for self and others.
- Promote an ethic of resilience through individual and collective action.



The Spirituality and Health Lectureship

In 1996 the Department of Chaplaincy Services inaugurated the “Spirituality and Health Conference.” The goal was to provide an educational context in which participants could receive skills and insights, while discovering the contributions of spirituality to health and health care. This conference has been offered consecutively from 1996 to 1998, and then resumed in 2003. It has been held annually since that time.

The topics, as well as presenters, have varied from year to year. Presenters have included a board-certified chaplain, a female Navajo surgeon, a professor of English literature working in a medical school, a clinical psychologist, a physician with expertise in bioethics, a palliative care physician, and a pastoral care and counseling academician and clinician.

The topics have attempted to appeal to a variety of professionals, as well as the general public. Some past topics were: *Growth Through Harsh Times; Religion & Spirituality: The Impact on Health & Wellbeing in Clinical Practice; The Power of Belief to Influence Health; Suffering with Life-Limiting Illnesses: The Compassionate Response; and Medical Futility: Hard Choices in an Age of Medical Miracles.*

At present, the goal of the *Spirituality and Health Conference* is to “provide a forum where the intersection of spirituality and theology with health and health care is explored, elaborated, and discussed from multiple perspectives.”

Rev. Dr. William E. Dorman, D.Min
Board Certified Chaplain,
Association of Professional Chaplains
Director of Chaplaincy Services
Presbyterian Hospital

Program

Friday, October 9, 2009

7:30 a.m.	<i>Registration</i>
8:00 a.m.	<i>Welcome and Introduction</i>
8:05 a.m.	<i>Opening Meditation</i> Gen Kelsang Gomlam
8:20 a.m.	<i>Healing Rituals and Self-Care</i> Barbara Dossey, PhD., RN, AHN-BC, FAAN
9:20 a.m.	<i>Exercise One</i> Barbara Dossey, PhD., RN, AHN-BC, FAAN
10:20 a.m.	<i>Break</i>
10:40 a.m.	<i>How To Solve Our Human Problems: Learning to recognize, reduce and eliminate the primary internal causes of stress and disharmony</i> Gen Kelsang Gomlam
11:40 a.m.	<i>Exercise Two</i> Gen Kelsang Gomlam
12:30 p.m.	Lunch
1:15 p.m.	<i>The Transformative Power of Compassion: Suffering and the Ethics of Resilience</i> Cynthia Geppert, MD, PhD, MPH
2:15 p.m.	<i>Exercise Three</i> Cynthia Geppert, MD, PhD, MPH
3:15 p.m.	<i>Break</i>
3:30 p.m.	<i>Panel Discussion</i>
4:00 p.m.	<i>Adjourn, Turn in Evaluations, and pick up CME/CEU certificate</i>

Registration Form

2009 Spirituality and Health Conference

Health and Wholeness: Finding Harmony in a Stressful World

October 9, 2009

*Please write legibly or type.
The information will be used for your certificate.*

Name _____

Circle one: MD DO CNP RN BCC MSW

Other _____

Daytime Telephone (_____) _____

Address _____

City _____ State _____ ZIP _____

E-mail address _____

Vegetarian Luncheon Requested

Registration Fees

\$60 General Public

\$40 Students

(Student ID required with Registration)

(Fees are refundable if cancelled in writing
on or before October 2)

Method of Payment

Check enclosed VISA MasterCard

American Express Discover

Card #: _____

Exp. Date: _____

(Print name as it appears on card)

Signature (Necessary to process credit card)

Make checks payable to:
Spirituality and Health Conference
Mailing address:

PHS Chaplaincy Services
P.O. Box 26666 • Albuquerque, NM 87125-6666
Fax (505) 841-1960

**Registration
closes on
October 2**