Faculty

Katherine Brown-Saltzman, RN, MA (Program Director)
Katherine is a Clinical Specialist at UCLA Medical Center and an Assistant Clinical Professor at UCLA School of Nursing. Her healing work integrates guided imagery and meditative prayer for patients, families and staff. She has facilitated support groups for nurses and developed staff retreats as well as the renewal program at UCLA. Katherine lecture nationally on ethics, spirituality, psychosocial issues and self care. She has received the Oncology Nursing Society’s national award for her substantial contributions to psychosocial aspects of cancer care.

BJ Jakala, RN, MA, MFT
BJ holds a master’s degree in Counseling Psychology and has been in private practice in Woodland Hills for over sixteen years as a Marriage Family Therapist. He is currently writing his dissertation on “Secrets” through Pacific Graduate Institute. In addition, he is a nursing supervisor at UCLA SPH. Play has been an important ingredient in BJ’s work and mental health. He has led workshops that open clients to its benefits and joys.

Shira Musicant, MA, MFT, ADTR
Shira is a Marriage Family Therapist as well as a dance/movement therapist in Santa Barbara. She teaches and writes on the use of movement in therapy. In her private practice and her workshops, shira combines movement, body awareness, and creative expression to transform pain and deepen compassion for self and others.

Laura Larsen, RN, BS, RMT
As a nurse entrepreneur, Laura has created Blue Sky to teach wellness through massage, yoga, exercise and the arts. She has developed a workshop that increases awareness and skill in end-of-life planning and is the author of “Facing the Final Mystery.”

Steven Saltzman, BM
Steven is a music editor/composer who specializes in music for film, television, theater and improvisatory music for movement. He and Katherine have just produced “The Basket,” their first guided imagery healing CD.

Chaplain
The UCLA Spiritual Care Department sponsors a chaplain from their accredited Clinical Pastoral Education training program, who provides spiritual care to all faiths.

Description
This workshop for healthcare professionals provides an opportunity to learn skills in renewal, stress management and burnout prevention at an advanced level. Reflective, expressive therapies, spirituality and celebration are integral aspects of this powerful process. These healing skills impact one’s individual coping and are compellingly translatable to one’s professional practice, working with patients, family and staff. The restful setting and small group size provide an ideal environment for rejuvenation and the establishment of trust and community. Experiential learning and the creation of new patterns, generate an energizing and transformational weekend that reconnects one to the powerful meaning of one’s work.

Objectives

• Develop the art of healing for the healthcare professional, demonstrating the components of self-care for the prevention of burnout.
• Experience art, movement, music, journal writing and play in the healing process.
• Define boundary setting and its use as a healthy practice for professionals.
• Explore spirituality, meditation, prayer and imagery as tools for preserving hope and building endurance.
• Identify the healing benefits and the body’s physiological response to touch and massage.
• Access and apply both the creative process and somatic awareness when utilizing the power of presence in the therapeutic relationship.
The Setting

The UCLA Conference Center at Lake Arrowhead is a first-class resort nestled high in the San Bernardino Mountains. Guests stay in French cottages with fireplaces and private bedrooms and bathrooms. The center is surrounded by a lake, gardens, a flowing creek and peaceful quiet. Guests are restored with restful quarters, tennis courts, pool, Jacuzzi and gourmet cuisine, served in the traditional inn style. View center at www.uclaconferencecenter.com

Continuing Education

Nurses: Upon completion of this course, nurses are eligible for 12 contact hours. Provider approved by the California Board of Registered Nursing, provider #11511.

LCSW/MFT: This course meets the qualifications for 10 hours of Continuing Education Credit for LCSW's & MFT's as required by the California Board of Behavioral Sciences. UCLA Medical Center Department of Clinical Social Work PCE Provider #542

Clinical Laboratory Personnel: This course meets the qualifications for 10 hours of Continuing Education Credit for licensed and certified laboratory personnel as required by the California Department of Health Services, Division of Laboratory Field Services, Provider #0025.

IT CEU’s available.

Further Information

Call UCLA Healthcare Ethics Center at (310) 794-0185.

Past Participant Quotes

“The seeds that were planted that weekend have continued to grow.”

“I came away so replenished, learning tools that have enabled me to care for myself in whole new ways.”

“The art of compassion heals the brokenness, whether it be the patient’s, the world’s, or our own. Finding our passion by way of meaning and spiritual resiliency, this group utilizes imagery, meditation, art and metaphor for healing grief and suffering and opening the empathic process.

Healing Moves

In this group, movement, art, sensory awareness, and relaxation allow us to resource and deepen our relationships to ourselves, to others, and to community. Through body awareness and new movement behavior, we can learn to weave healing experiences for ourselves into our daily care of others, transforming our patterns of stress and tension.

Playful Restoration

Restoring lightheartedness through noncompetitive play enhances creativity and vitality. Play can become a tool for healing, creating balance and stress reduction. The skills learned in this group can be translated into resiliency, enhanced by curiosity and discovery. It offers an exploration of playful as a means to nurturing and preventing burnout.

Ongoing Renewal Program

Circle of Caring participants are invited to a follow-up day at May’s Landing in Malibu. This provides an opportunity to re-connect with those from the weekend and share the progress they have made in self-care. The afternoon is spent with the larger Circle of Caring community in an educational program, reaffirming their skills and exposing them to new healing modalities. May’s Landing is situated on a bluff overlooking the Pacific Ocean; the spectacular view, beautiful gardens and simple home provide a perfect environment for re-juvenation. These one-day renewal programs are available to all Circle of Caring participants twice a year to rekindle their healing work.

Schedule

FRIDAY
1:30 Arrival and Welcome
2:00 Introductions & Boundary Art
6:30-8:00 Dinner
8:30-9:30 An Evening to Muse & Move

SATURDAY
7:30 Early Morning Choice
8:00 Breakfast
9:00 Small Group Workshops (Choice)
12:30 Lunch
1:30 Replenishing the Caregiver
3:15 Departure
6:30-8:00 Dinner
8:30-9:30 Symbols and Subtleties in Healing

SUNDAY
7:30 Early Morning Choice
8:00 Breakfast
9:00 Creating the Durable & Resilient
12:00 Lunch
1:00 Celebration of Life: A Service of Renewal & Gratitude
3:15 Departure

Small Group Workshops (Choice)

SATURDAY

The Art of Compassion

Self-compassion heals the brokenness, whether it be the patient’s, the world’s, or our own. Finding our passion by way of meaning and spiritual resiliency, this group utilizes imagery, meditation, art and metaphor for healing grief and suffering and opening the empathic process.

Healing Moves

In this group, movement, art, sensory awareness, and relaxation allow us to resource and deepen our relationships to ourselves, to others, and to community. Through body awareness and new movement behavior, we can learn to weave healing experiences for ourselves into our daily care of others, transforming our patterns of stress and tension.

Playful Restoration

Restoring lightheartedness through noncompetitive play enhances creativity and vitality. Play can become a tool for healing, creating balance and stress reduction. The skills learned in this group can be translated into resiliency, enhanced by curiosity and discovery. It offers an exploration of playful as a means to nurturing and preventing burnout.

SUNDAY

Creating the Durable and Resilient

A continuation of the workshops, weaving and assimilating the self-care skills into one’s work and everyday life. These skills are not basic or ordinary, but highly developed and integrated, inspiring one to create an in-depth and enduring competency.

CIRCLE OF CARING

Space is limited. Register early.

Please check one of the boxes below.

☐ October 28-30, 2005 ☐ March 31 - April 2, 2006

Name: ____________________________________________
Home Phone: ________________________________________
Home Address: ________________________________________
City: __________________________ State: ______ Zip: ______
Email: ____________________________________________
Employer: __________________________________________
Profession: _________________________________________
License #: _________________________________________
UCLA Employee ID #: ________________________________

For CEU credit, include License # & UCLA Employee ID #
License #: ________________________________
UCLA Employee ID #: ________________________________

Please check preferences:
Would like to carpool _____ Vegetarian meals _____
Willing to drive ________

Willing to drive ________

Checks payable to UCLA Medical Center.

Refund policy: Up until 16 days prior, a refund minus a processing charge of $45. Fifteen days or less, no refunds available.

Amount Enclosed: $ ____________________________

Community:
Registration and Materials $275
Lodging & Meals $295
Total Paid 14 days prior $571

UCLA Healthcare:
Expenses for employees partially subsidized
Total Paid 14 days prior $596

$275 one-day renewal program
$250 Ongoing Renewal Program
$100 additional for UCLA staff returning for a second retreat.

Total if paid 15 days prior $571

For CEU credit, include License # & UCLA Employee ID #
License #: ________________________________
UCLA Employee ID #: ________________________________

Please check preferences:
Would like to carpool ____ Vegetarian meals ____
Willing to drive ________

Willing to drive ________

Checks payable to UCLA Medical Center.

Refund policy: Up until 16 days prior, a refund minus a processing charge of $45. Fifteen days or less, no refunds available.

Amount Enclosed: $ ____________________________

Community:
Registration and Materials $275
Lodging & Meals $295
Total Paid 14 days prior $571

UCLA Healthcare:
Expenses for employees partially subsidized
Total Paid 14 days prior $596

$275 one-day renewal program
$250 Ongoing Renewal Program
$100 additional for UCLA staff returning for a second retreat.

Total if paid 15 days prior $571

For CEU credit, include License # & UCLA Employee ID #
License #: ________________________________
UCLA Employee ID #: ________________________________

Please check preferences:
Would like to carpool ____ Vegetarian meals ____
Willing to drive ________

Willing to drive ________

Checks payable to UCLA Medical Center.

Refund policy: Up until 16 days prior, a refund minus a processing charge of $45. Fifteen days or less, no refunds available.