Faculty

Katherine Brown-Saltzman, RN, MA (Program Director)  
Katherine is the Co-Director of the UCLA Healthcare Ethics Center and an Assistant Clinical Professor at UCLA School of Nursing. For over thirty years her healing work has integrated 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 lectures nationally on ethics, self-care, spirituality and psychosocial issues. 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 NPH. 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 both 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.

LAKE ARROWHEAD
CIRCLE OF CARING
A Renewal Program For HEALTHCARE PROFESSIONALS

Description
This workshop engages healthcare professionals in the ethical practice of creating a sustainable lifestyle, providing an opportunity to learn skills in renewal, stress management and burnout prevention. Reflection, expressive therapies, spirituality and celebration are integral aspects of this powerful process. These healing skills impact one’s individual coping, and are compellingly transferable 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.
• Identify ethical principles that confirm self-care as essential professional practice.
• Experience art, movement, music, journal writing, play and massage as elements of 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.
• Access and apply both the creative process and somatic awareness when utilizing the power of presence in the therapeutic relationship.

October 20–22, 2006 and April 13–15, 2007
SPONSORED BY UCLA HEALTHCARE
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Continuing Education

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

LCMWN/MFT: This course meets the qualifications for 10 hours of Continuing Education Credit for LCWSWs & MFSs as required by the California Board of Behavioral Sciences. UCLA Medical Center Department of Clinical Social Work PCE Provider #392

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 #9015. RT CEUs are 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.”

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