

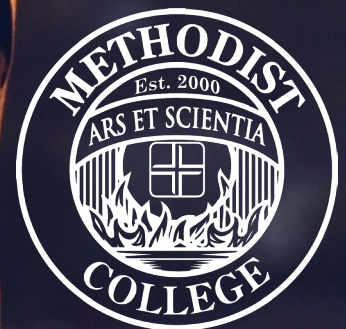


METHODIST COLLEGE

WELLNESS FORUM

*"Compassionate Care in a Sometimes
Uncompassionate World"*

April 12, 2017
Methodist College
Peoria, IL





Welcome

I want to take this opportunity to welcome you to the first Methodist College *Wellness Forum*. It is our hope that this conference today will provide you the tools you need to provide compassionate care to those important individuals in your life, whether they be clients, patients, co-workers, or family members.

If this is your first opportunity to be on the Methodist College campus, we hope you can see the pride we have for this beautiful facility. Not only has it enhanced the learning experience for our students, but it is allowing us to provide educational opportunities for the community we serve.

At Methodist College our mission is to provide quality educational programs that promote the holistic development of a diverse student population to become healthcare professionals. We are committed to civic engagement, community service and to meeting the healthcare needs of the diverse population we serve. Today's *Wellness Forum* extends our mission to the community as we provide this opportunity to educate professionals, but also provides the forum to spark discussions in our community involving compassion and healthy work environments.

Kimberly A. Johnston, EdD, CNE
President, Methodist College

2017 Wellness Forum - “Compassionate Care in a Sometimes Uncompassionate World”

Our modern health and human service systems provide care to millions of people under extraordinarily complicated circumstances—patients have complex issues, costs to provide care rise while budgets shrink, potential legal ramifications are always looming, and competition between providers contribute to stressful settings to care for those in need. Yet, at the core of caregiving remains the interaction between the patient and the caregiver. Today's *Wellness Forum* focuses on that relationship and how the caregiver can best infuse their caregiving with compassion.

Thank you for attending the *Wellness Forum* and we hope you will leave the event refreshed and inspired to show compassion in all aspects of your life, especially when caring for your patients and clients even under the most stressful conditions.

Welcome!

2017 Planning Team:

Eileen Setti, PhD - Director of Career Pathways and Continuing Education, Methodist College

Deb Disney, MEd, LCPC - Counselor, Methodist College

Sara Kimble, MSN, RN, FACHE - Clinical Practice Coordinator, Methodist College

Anna R. Buehrer, Director of Marketing and Public Relations

Angie McCollum, AAS - Administrative Secretary to the Academic Deans, Chairs, and Faculty

Conference Agenda

8:30 - 9 a.m. - Registration and Coffee

9 - 10:30 a.m. - Keynote Speaker: Dr. Geshe Lobsang Tenzin Negi, PhD, Emory University

10:45 - 11:45 a.m. - Breakout Sessions I

12:00 - 1:30 p.m. - Lunch and Keynote Speaker: Heather Woody, Master Coach for UnityPoint Health

1:45 - 2:45 p.m. - Breakout Sessions II

2:45 - 3 p.m. - Refreshment Break

3 - 4 p.m. - Breakout Sessions III

FACILITY:

Methodist College - UnityPoint Health

7600 N. Academic Dr.

Peoria, IL 61615

309.672.5513

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Keynote Speakers



Dr. Lobsang Tenzin Negi, is a Professor of Practice in Emory University's Department of Religion and the founder and spiritual director of Drepung Loseling Monastery, Inc., in Atlanta, GA. He is also the co-founder and director of the Emory-Tibet Partnership, a unique multi-dimensional initiative which includes the Emory-Tibet Science Initiative, a comprehensive science education program designed specifically for Tibetan monastics, and Cognitively-Based Compassion Training, a compassion meditation program based on Tibetan contemplative methods and taught as both a research protocol and to the public for personal enrichment. A former monk, Dr. Negi received his Geshe Lharampa degree—the highest academic degree granted

in the Tibetan Buddhist tradition—in 1994. Dr. Negi completed his Ph.D. at Emory University in 1999; his interdisciplinary dissertation centered on traditional Buddhist and contemporary Western approaches to emotions and their impact on wellness. His current research focuses on the complementarity of modern science and contemplative practice.



Ms. Heather Woody is a Master Certified Coach, who teams with individuals personally and professionally to help them experience their greatness. Ms. Woody started her coaching practice, Heather Woody Unlimited, in 2000. Heather is a graduate of Coach Inc., one of the largest international training organizations for professional coaches. She also holds a BA from the University of Northern Iowa in Public Relations and Communications. She is certified in the following Franklin Covey programs: The 5 Choices, The 7 Habits Signature and Great Leaders, Great Teams, Great Results Leadership. Prior to coaching she worked in marketing, public relations and sales. She resides in Iowa with her husband Joey, her son Drake and daughter Isabelle.

Morning Keynote Presentation 9 - 10:30 a.m.

Room Number	Parliament - Morning Keynote Address	
Presentation Title	Keynote: Cultivating Compassion Using Cognitively-Based Compassion Training (CBCT)	
Description	Participants will learn how CBCT has been structured to help cultivate compassion; the neuroscience research that supports the benefits of CBCT; and how CBCT may differ from other types of meditation and/or cognitive retraining. In the keynote presentation, the participant will be introduced to some basic CBCT contemplative practices and can then choose whether to delve more deeply into CBCT contemplative practices during his breakout session.	
Learning Objectives	Understand the term compassion and why it is helpful to personal and professional lives to cultivate the skill of compassion. Be introduced to Cognitively-Based Compassion Training (CBCT) is structured for the cultivation of compassion. Recognize how CBCT may differ from other types of meditation and/or cognitive retraining. Implement basic CBCT practices within their own lives. Discuss benefits of CBCT as supported by published, peer-reviewed, scientific research.	
Presenter	Lobsang Tenzin Negi, PhD	
Credentials	1984 Master of Madhyamaka Buddhist Philosophy at the Institute for Buddhist Dialectics (Dharamsala, India); 1994 Geshe Lharampa Degree at Drepung Monastic University, Loseling College (Karnataka, India); 1999 PhD in Interdisciplinary Studies at the Graduate Institute of Liberal Arts at Emory University.	
Current position	Professor of Practice and Director of the Emory-Tibet Partnership, Co-Director of the Emory-Tibet Science Initiative and Co-Director of the Emory Collaborative for Contemplative Studies	
Continuing Education	1.5 Hours	NBCC Nursing Social Work

Breakout Sessions I - 10:45 - 11:45 a.m.

Room Number	E201	
Presentation Title	Career-Related Student Learning Outcomes: Using Experiential Learning Opportunities to Enhance Knowledge and Skill Related to Job Settings For Student Learners in Health Care Professions	
Description	Workplace incivility in professional job settings appears to be on the rise, although one might expect that basic skills in civil behaviors be modeled and taught to all people from an early age. Recently, student learning outcomes in higher education programs have expanded to include those that prepare students to possess competencies, skills, attributes and values needed to successfully participate in diverse and complex environments including professional work settings. In this session we report on several experiential learning opportunities provided to undergraduate and graduate students and adult learners designed to enhance understanding of the necessity of and performance of civil behaviors at work.	
Learning Objectives	Appraise the usefulness of concepts associated with experiential learning in various educational settings to demonstrate skills related to professional behaviors on the job (including workshops held at work sites); Describe how students can be inspired and taught to think of themselves as change agents for positive improvement in workplaces (for example, through learning stress management techniques for themselves and to teach others how to reduce stress); and, Evaluate the importance of teaching students about diverse personalities and intergenerational workplace dynamics.	
Presenter 1	Marjorie Getz, MA, MPHIL, LCPC	
Credentials	1971 B.S. in Psychology/Zoology from the University of Maryland; M.A. in Psychology from Wesleyan University; M.Phil in Epidemiology and Public Health from Yale University; ABD in Epidemiology and Public Health from Yale University	
Current position	Associate Professor in Arts and Sciences at Methodist College	
Presenter 2	Teresa Drake, PhD, RD, CHES	
Credentials	1999 B.S. in Chemistry from Illinois State University; M.S. in Family and Consumer Sciences/ Dietetics from Eastern Illinois University; 2013 PhD in Health Education from Southern Illinois University	
Current position	Assistant Professor in Family and Consumer Sciences at Bradley University	

Presenter 3	Lori Russell-Chapin, PhD, LCPC, ACS, CCMHC, BCN	
Credentials	1974 B.S. in Psychology and Teaching from the University of Wyoming; 1984 M.S. in Counseling Education from Eastern Montana College; 1987 PhD in Counseling Education from the University of Wyoming	
Current position	Associate Dean and Graduate Studies Coordinator for the College of Education and Health Sciences at Bradley University	
Presenter 4	Michelle Riggio, MA	
Credentials	1993 B.S. in Journalism from Bradley University; 2004 B.A. in Education from Illinois State University; 2012 M.A. in Special Education from Bradley University	
Current position	Associate Director of Continuing Education and Professional Development at Bradley University	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E195	
Presentation Title	TRE-Tension Release Exercises	
Description	<p>This session is grounded in the work of David Berceci, LCSW, PhD. who worked in war zones studying how human response to threat occurs as somatic muscular tension - neck forward, shoulders raised and a strong flexion into the pelvic girdle as well as thought and emotion. TRE uses a protocol that involves seven discrete exercises performed in a prescribed sequence to prompt Self Induced Therapeutic Tremors. Exercises that stretch the muscles of the feet, thighs, hips and lower trunk are alternated with those that mildly fatigue muscles in the lower and upper legs, hips, buttocks, and lower torso. Animals and children innately shake in response to overwhelming stimuli. Adults may keep from trembling to appear in control. TRE explores the appropriateness of trembling as an innate human activity that allows the tension stored in the primal brain to emerge, bringing the entire organism out of overwhelm into a down regulation systemic approach. This session teaches participants this simple strategy that can easily be done at home or work. An overview of the method will be presented, and then participants will practice a series of exercises.</p>	
Learning Objectives	An overview of brain - body - movements concepts. How our bodies respond to startle and overwhelming experiences Review the general concepts of the PolyVagal Theory. Learn an easy approach to Down Regulate our response to stress.	
Presenter	Lisa Nelson Raabe, LCPC	
Credentials	1988 Bachelor of Fine Arts from The School of the Art Institute; 1995 M.S. in Art Education Concentration in Art Therapy from Illinois State University, 2004 Registered Yoga Teacher; 2010 Prajna Teacher Training; 2012 Blue Lotus School of Thai Healing, 2012 Pranakriya Credentialed Yoga Therapist, 2016 TRE Provider Training	
Current position	Yoga Instructor in private practice and at Heading Om Yoga	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E213	
Presentation Title	Borderline Personality Disorder: A Little Compassion Can Go A Long Way	
Description	<p>Like all personality disorders, borderline personality disorder (BPD) has been historically viewed as “untreatable,” or “difficult to treat,” at best. There are no approved medications for BPD and until relatively recently, no effective therapeutic interventions either. Dialectical Behavior Therapy (DBT) is an empirically supported, mindfulness-based, skill-focused intervention shown to effectively treat BPD. This session will provide an overview of DBT, local resources, and a few tools practitioners can use to improve their interactions with interpersonally-challenging patients.</p>	
Learning Objectives	List the diagnostic criteria for BPD. Describe the essential components of DBT. Effectively implement new strategies for interacting with challenging patients.	
Presenter	Jean Clore, PhD, LCP	
Credentials	1997 B.S. in Psychology from Western Michigan University; 2002 M.S. in Applied Behavior Analysis from Western Michigan University; 2007 PhD in Clinical Psychology from Western Michigan University; 2011 Post-Doctoral Training in Advanced Behavioral Health	
Current position	Associate Program Director and Assistant Professor of Clinical Psychology at the University of Illinois College of Medicine at Peoria	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E197	
Presentation Title	Assertiveness: A Necessary Life Skill!	
Description	This session concentrates on understanding what assertiveness is and how positive self-esteem impacts assertive communication. We will also look at effective ways of dealing with conflict, challenging personalities and situations in the life- personally and professionally. The goal is to get participants to feel more confident using “I” statements to ask for what they need in a firm, concise and empowering manner, while at same time fostering and maintaining relationships.	
Learning Objectives	Understand the fundamentals of assertiveness as a life skill and its ties to self esteem; Assertive behavior and communication skills (cognitive, emotional, verbal and non-verbal components); Key factors in developing healthy relationships; Understand the role assertiveness falls plays in the conflict management grid; Learning to give feedback using effective “I” statements; Learning to receive feedback well; Importance of self-responsibility in this model; Summary of the personal change process	
Presenter	Lisa Plantamura, MA	
Credentials	1986 BS in Marketing from Northern Illinois University; 1994 MA in Business Administration from Dominican University	
Current position	Director, HR Operations at UnityPoint Peoria	
Continuing Education	1 Hour	Nursing Social Work

Room Number	E215	
Presentation Title	Implementation of a Staff Financial Incentive Program to Improve Employee Engagement and Clinical Outcomes	
Description	This session presents outcomes of a 2016 UnityPoint Clinic Peoria initiative which offers quarterly financial incentives to staff for meeting desired outcomes. This program was based on two categories of performance including: meeting quality metrics and scheduling patients for the next appointment at their current appointment. The incentive program is paid at a level payment amount to encourage employee engagement and equality of roles in quality and coordination of patient care. Positive outcomes were found in areas of employee engagement, quality metrics, and appointment scheduling. Other outcomes attributed to the program were decreasing care gap and patient call list work and increasing clinic revenue.	
Learning Objectives	Describe quality metrics in the ambulatory care setting today and the challenges in meeting them. Identify strategies to engage clinic staff to participate in improving patient outcomes through metrics and patient scheduling. Discuss the importance of employee recognition and incentive programs to the success of quality and care coordination programs in the ambulatory care setting.	
Presenter	Elizabeth Pate, MSN	
Credentials	2001 B.S. in Nursing from Order of Saint Francis Medical Center College of Nursing; 2009 M.S. in Nursing from Order of Saint Francis Medical Center College of Nursing	
Current position	Coordinator of Clinical Excellence at UnityPoint Clinics Peoria	
Continuing Education	1 Hour	Nursing Social Work

Room Number	E211	
Presentation Title	Diving a Little Deeper into CBCT	
Description	This break-out session builds on Dr. Negi’s keynote address that CBCT is a cognitively-based compassion training that deliberately and systematically works to cultivate compassion. Diving a Little Deeper looks more closely at the theoretical model that connects the progressive steps of CBCT and having the opportunity to practice some of the contemplative exercises that build the key skills. For example, how to stabilize attention, how to gain insight into the nature of the mental experience, and how to safely cultivate a stronger sense of identification with others, even those we may find difficult or unfamiliar.	

Learning Objectives	Practice CBCT meditation in more depth, following the keynote address. Implement basic CBCT practices within their own lives.	
Presenter	Lobsang Tenzin Negi, PhD	
Credentials	1984 Master of Madhyamaka Buddhist Philosophy at the Institute for Buddhist Dialectics (Dharamsala, India); 1994 Geshe Lharampa Degree at Drepung Monastic University, Loseling College (Karnataka, India); 1999 PhD in Interdisciplinary Studies at the Graduate Institute of Liberal Arts at Emory University.	
Current position	Professor of Practice and Director of the Emory-Tibet Partnership, Co-Director of the Emory-Tibet Science Initiative and Co-Director of the Emory Collaborative for Contemplative Studies	
Continuing Education	1 Hour	NBCC Nursing Social Work

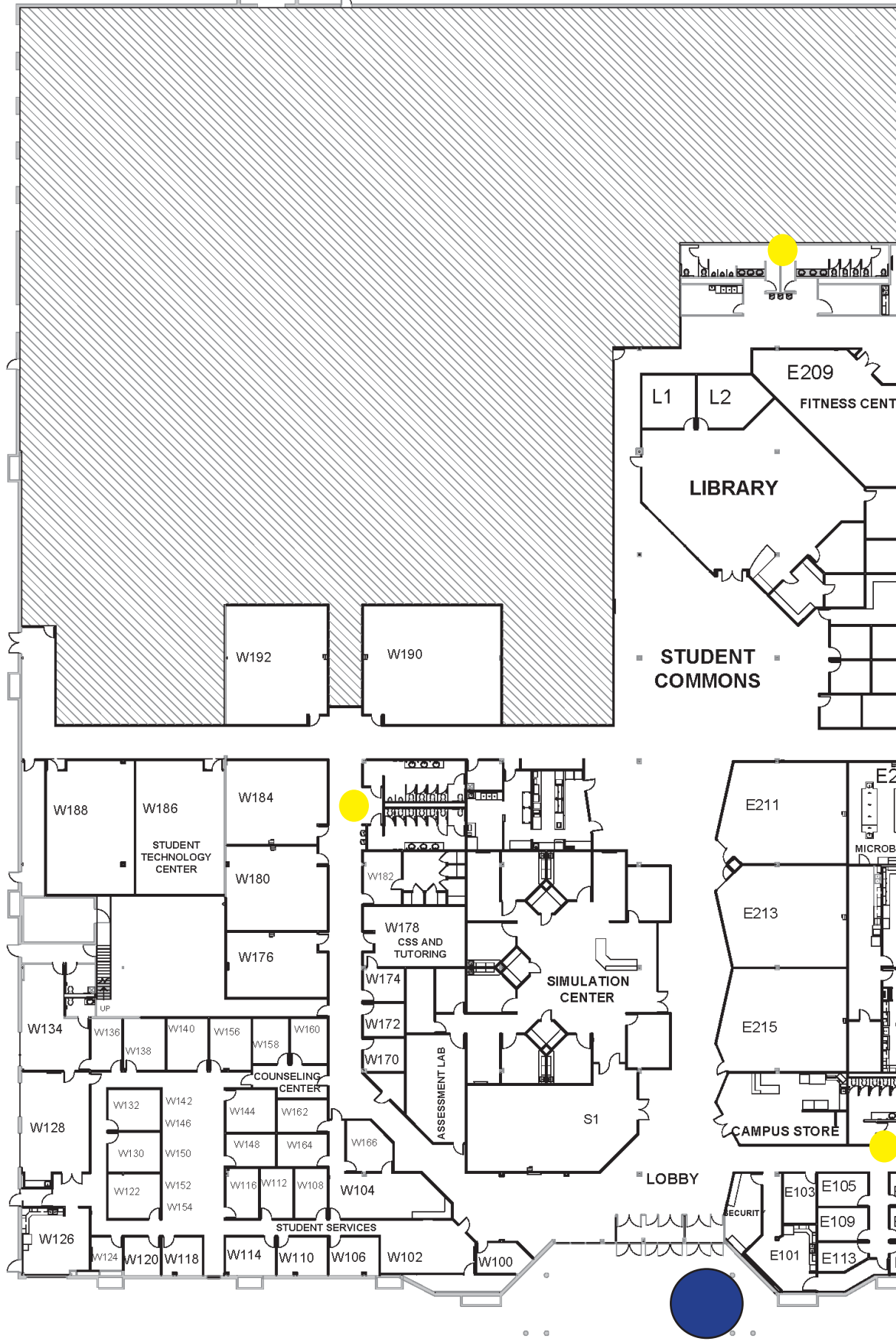
Luncheon Keynote Presentation 12 - 1:30 p.m.

Room Number	Parliament - Lunch Keynote Address	
Presentation Title	Keynote: Creating a Healthy Workplace through Strong and Compassionate Workplace Partnerships	
Description	Ms. Woody's luncheon keynote is a passionate appeal to the critical nature of addressing healthy workplace relationships in healthcare. She will take a deep dive into what is compromising our ability to work alongside one another in strenuous conditions and how to build strong, respectful networks of peers and coworkers to overcome and rise out of negative, toxic workplaces that compromise the care that is delivered to the patient as well as the employee experience.	
Learning Objectives	Understand the features of a healthy workplace in healthcare. Take a deeper dive into that which compromises delivering extraordinary care and deliver high quality employee experiences. Understand how every healthcare employee can impact their own workplace and the great service that can be provided, one healthcare professional at a time.	
Presenter	Heather Woody, Master Coach	
Credentials	1996 B.A. in Communications and Public Relations from the University of Northern Iowa	
Current position	President of Heather Woody Unlimited, Inc.	
Continuing Education	1 Hour	Nursing Social Work

Breakout Sessions II - 1:45 - 2:45 p.m.

Room Number	E213	
Presentation Title	Managing Diverse Personalities in the Workplace	
Description	The focus of this presentation will be to teach participants how to learn, coach, and mentor diverse personalities in healthcare realm. Statistics about the types of individuals entering the healthcare field will be shared, including the emergence of the "millennial" age group into healthcare positions. Participants will explore case examples and discuss clinical supervision techniques that could be individualized to meet each person's needs, as well as to identify and discuss barriers that prevent or deter a healthy supervisory relationship.	
Learning Objectives	Learn a minimum of five personality types and skills to manage each type. Learn the fundamental requirements of a healthy supervisory relationship, as well as tips for adapting supervisory styles to meet each person's needs. Learn how to address conflict with each personality type.	
Presenter	Tegan Camden, LPC, LCPC	
Credentials	2009 M.A. in Clinical Psychology; Clinical Counseling Specialization from The Chicago School of Professional Psychology; 2007 B.S. in Psychology from Bradley University	
Current position	Vice President of Behavioral Health Services at Children's Home Association of Illinois	
Continuing Education	1 Hour	Nursing Social Work

METHODIST COLLEGE CAMPUS MAP





METHODIST COLLEGE STUDENT HOUSING COMPLEX



EXIT TO METHODIST COLLEGE STUDENT HOUSING COMPLEX


EXIT TO METHODIST COLLEGE STUDENT HOUSING COMPLEX

"E" Rooms are East Side and Odd Numbers

"W" Rooms are West Side and Even Numbers

 Entrance and Exit Doors. ID Badge is required.

 Restrooms

 Lactation Room

- The campus will be locked 24/7. You will be required to use your ID badge to enter the building.
- Student parking is in the front of the building. Students are required to have a parking pass.
- ID badges and parking passes are available from the Methodist College Security Office located in the front lobby.

Room Number	E215	
Presentation Title	Using Mind-Body Bridging to Prevent Caregiver Burnout	
Description	Mind-Body Bridging (MBB) is an internationally recognized, clinical and psycho-educational modality based on the premise that we each have an “Identity System” (I-System) comprised of our thoughts, emotions, attitudes, beliefs and behaviors. The I-System provides us with self-interest, direction, and drive. However, an overactive I-System exaggerates our sense of separateness by restricting awareness, creating anxiety, and disrupting the harmony and balance of our mind-body connection, all of which limits our optimal functioning. MBB provides tools for managing the I-System so you can gain access to your full potential. This session introduces Mind-Body Bridging as a means for reducing stress for health professionals as they care for patients.	
Learning Objectives	Describe the brain’s role in the experience of stress for caregivers and clients. Identify how the mind/body connection can alert caregivers and clients of stress. Name the 3 major tools of Mind-Body Bridging that caregivers and clients can use for managing stress. Apply Mind-Body Bridging to reduce stress	
Presenter	Debra Disney, MEd, LCPC	
Credentials	1985 Certificate of Language and Cultural Studies in Spanish from Eurocentro, Barcelona, Spain; 1994 B.A. the Board of Governor’s Degree from Governor’s State University; 2002 M.S. in Educational Psychology from Southern Illinois University	
Current position	Counselor at Methodist College	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E201	
Presentation Title	Find Your Inner Happiness and Color Your World	
Description	Nearly all people are capable of much more happiness than they have. Positive psychology and art can bring a sense of joy and fulfillment in life. The purpose of this workshop is to learn about powerful and easy ways to increase your happiness using the principles of positive psychology and art. The workshop incorporates the building of a happiness journal which allows participants to enhance their creative growth.	
Learning Objectives	How positive psychology is changing what we know about physical and mental health. Increase ability to connect with their creative potential to enrich your life. Increase skills to increase their capacity to become more compassionate to yourself and others. Apply three core skills that are shown to resolve depression and increase happiness.	
Presenter 1	Sharon Mindock, LCPC, LSW	
Credentials	1974 B.S. in Consumer Sciences from Illinois State University; 1986 M.A. in Counseling from Western Illinois University	
Current position	Counselor in private practice, Mindock Counseling and Consulting	
Presenter 2	Jeanna Fearon, ATR	
Credentials	1990 BS in Sociology from Illinois State University; 1992 MS in Sociology from Illinois State University; 2002 MS in Art Therapy from Illinois State University	
Current Position	Art Therapist at Mindock Counseling & Consulting	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E197	
Presentation Title	Caregiver Self-Care	
Description	Ms. Regan shares techniques for caregivers to ensure caregivers maintain self-care. Often caregivers are focused on taking care of a loved one; they do not recognize and/or see the need for their own self-care. She shares her personal journey as a caregiver of a young child fighting cancer and at the same time overseeing care for a grandmother, while raising a family and developing her career.	
Learning Objectives	Define caregiver self-care. Identify need for self-care as a caregiver. Learn techniques to maintain proper self-care.	
Presenter	Julie Regan, BA	
Credentials	B.A. in Communications	
Current position	Employee Development Specialist at UnityPoint Health	
Continuing Education	1 Hour	Nursing Social Work

Room Number	E199	
Presentation Title	Threats to Peak Performance: Implications for Resiliency and Self-Compassion	
Description	All human beings can perform at their optimal state. However as we live life our brains become dysregulated. This dysregulation keeps us from peak performance. In this workshop, participants will be offered potential neurological and environmental risks influencing our wellness and even our resiliency. Current research will support each of the Therapeutic Lifestyle Changes (TLC). We know that too much technology is changing the structure and function of the brain (Swingle, 2015). Inadequate sleep, nutrition, exercise are impacting the efficiency of the brain (Ivey, et al., 2016). Neurocounseling, bridging brain and behavior, can assist in healthier coping strategies. Several neurocounseling interventions will be demonstrated such as heart rate variability (HRV), diaphragmatic breathing, and skin temperature control. These techniques offer clients more intrinsic locus of control and build self-compassion and resiliency.	
Learning Objectives	Define neurocounseling, resiliency and self-compassion. Practice two neurocounseling strategies for building resiliency. Learn the latest research on sleep hygiene, exercise, nutrition and the gut/brain axis.	
Presenter 1	Lori Russell-Chapin, PhD, LCPC, ACS, CCMHC, BCN	
Credentials	1974 B.S. in Psychology and Teaching from the University of Wyoming; 1984 M.S. in Counseling Education from Eastern Montana College; 1987 PhD in Counseling Education from the University of Wyoming	
Current position	Associate Dean and Graduate Studies Coordinator for the College of Education and Health Sciences at Bradley University	
Presenter 2	Ted Chapin, PhD	
Credentials	1980 B.S. in Psychology, Sociology and Business from Carroll College; 1983 M.A. in Counseling and Personnel Services from Marquette University; 1984 PhD in Counseling and Personnel Services from Marquette University	
Current Position	President and Clinical Director of Resource Management Services and Psychologist at Chapin & Russell Associates	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E211	
Presentation Title	Emotional Intelligence for Today's Workplace	
Description	Brains, smarts, education and experience can take an employee and leader a very long way in a career life. However, one of the key show stoppers to people in the professional arena is their emotional structure and how they bring their emotional intelligence into today's workplace and team. Talent and skill can take an individual a very long way in their job performance, but one of the unknown daggers that can cut a person out of their team is their lack of ability to recognize and rewire their own emotional capabilities and usage. In this session participants will come to understand the value of their most innate emotions, how to use them to their own favor and what can give them the slight edge in a very positive direction!	
Learning Objectives	Understand the imperative nature and context that emotions bring to our workplace. Develop insight about our own productive and destructive emotions and the impact they have on our work results as well as relationships. Strengthen strategies and tactics for productively managing our emotional talents in order to become a greater asset to our teams and workplace.	
Presenter	Heather Woody, Master Coach	
Credentials	1996 B.A. in Communications and Public Relations from the University of Northern Iowa	
Current position	President of Heather Woody Unlimited, Inc.	
Continuing Education	1 Hour	Nursing Social Work

Breakout Sessions III - 3 - 4 p.m.

Room Number	E199	
Presentation Title	The Vital Link: Leadership in the Health Professions and Emotional Intelligence	
Description	Routinely, companies worldwide look through the lens of emotional intelligence (EI) in hiring, promoting, and developing their employees. Johnson and Johnson® have found that employees who are emotionally intelligent individuals use emotions in their thought process, understand and reason with emotion, and manage emotions. Consequently, the vital link between leadership and EI is emerging throughout the expanding health care environment. Healthcare workers continue to develop personally and professionally. This session discusses characteristics of the leader; successful leadership behaviors, and additional factors that influence and facilitate leadership, such as attitude, motivation, failures, intentions, individual self-reflection, and emotional intelligence. And, as no one is born a leader, the focus on self-development and continued growth in all areas of leadership and EI are particularly appropriate for healthcare professionals.	
Learning Objectives	Relate attributes of leadership and emotional intelligence to improving decision-making for professional practice. Connect self-knowledge and emotional intelligence to the exercise of authority and accountability in the expanding healthcare environment. Evaluate the link between emotional-intelligence and performance outcomes in healthcare workers. Construct models for improving employee relations in healthcare environments using emotional intelligence.	
Presenter 1	Pam DiVito-Thomas, PhD, RN, CNE	
Credentials	1992 B.S. in Nursing from Northeastern State; 1995 M.S. in Nursing from the University Center at Tulsa; PhD in Adult and Higher Education Administration from the University of Oklahoma	
Current position	Professor of Nursing at Methodist College	
Presenter 2	Terence Hodges, DHSc, MEd, CHES	
Credentials	1999 M.A. in Human Services with an emphasis in Psychology and Counseling from Concordia University; 2010 M.Ed. in Health Education from Carroll University; 2015 D.H.Sc in Health Science with an Emphasis in Health Professions Education from Midwestern University	
Current Position	Assistant Professor of Health Science at Methodist College	
Continuing Education	1 Hour	Nursing Social Work

Room Number	E201	
Presentation Title	Non-Violent Communication with Clients and Patients	
Description	This session is intended as an introduction to Marshal Rosenberg's Non-Violent Communication, specifically on how professions can utilize the basic principles when approaching clients. Although only an introduction to the full depth of Non-Violent Communication, even the basics can be utilized to have more direct and authentic communication whether just building connections, handling aggressive individuals, or communicating difficult information.	
Learning Objectives	How positive psychology is changing what we know about physical and mental health Increase ability to connect with their creative potential to enrich your life. Increase skills to increase their capacity to become more compassionate to yourself and others Apply three core skills that are shown to resolve depression and increase happiness.	
Presenter	Jonathan Lindsey, PhD, LCPC	
Credentials	2005 B.S. in Psychology from Illinois State University; 2007 M.S. in Clinical-Counseling Psychology from Illinois State University; 2014 PhD in Research and Evaluation Psychology from Walden University	
Current position	Counselor in private practice	
Continuing Education	1 Hour	NBCC Nursing Social Work

Room Number	E211	
Presentation Title	From Burn-Out to Balance: An Attainable Journey?	
Description	This presentation focuses on stress and burnout amongst doctors and talks about "Cognitively based compassion training" (CBCT) as a technique to cultivating self-compassion, developing sound stress relief techniques, developing stability of the mind, to help handle or overcome stressful situations in our day to day life. A key aspect of the burnout syndrome is increased feelings of emotional exhaustion- as emotional resources are depleted, individuals feel they are no longer able to give of themselves at a psychological level. This manifestation of chronic stress can affect career satisfaction and patient care, the effects of which are both physical and psychological and can lead to decreased productivity, lower quality of life, and social isolation. This presentation addresses these issues, and discusses various ways to work on them and to emerge as a stronger caregiver.	
Learning Objectives	Define burnout and recognize the need to make it a part of our conversation. Discuss the impact of burnout on healthcare professionals. Describe upcoming wellness trainings in the Peoria area.	
Presenter	Bhavana Kandikattu, MD, EDGMG	
Credentials	Bachelor of Medicine, Bachelor of Surgery (M.B., B.S.) from Kasturba Medical College, India-2000; Residency in Anesthesiology-2002, Pediatric Residency at University of Illinois College of Medicine at Peoria, IL - 2008.	
Current position	Associate Professor of Pediatrics at the University of Illinois College of Medicine at Peoria and the Children's Hospital of Illinois; Pediatric Residency Program Director at the University of Illinois College of Medicine at Peoria; Associate Professor of Clinical Pediatrics at the University of Illinois College of Medicine at Peoria; Pediatric Hospitalist at the Children's Hospital of Illinois at the University of Illinois College of Medicine at Peoria	
Continuing Education	1 Hour	Nursing Social Work

Room Number	E213	
Presentation Title	Self Fulfillment in Self Giving	
Description	In professional and personal encounters, human beings engage in transactions: we give what we have so that we receive what we need to fulfill our lives. Our purpose is to discuss how a non-transactional experience results in self-fulfillment in this session. In giving, regardless of whether it is required of us because of our profession or whether we do it because we hear the call of the other, we fulfill our human nature: that of being a nurse for one's neighbor. From both faculty and student perspectives, philosophical theories and service learning teaching methodologies will demonstrate the impact of giving on an individual.	
Learning Objectives	Analyze the cause and effect relationship between giving of self and self-fulfillment. Correlate student and faculty personal experiences to philosophical theories and service learning teaching methodologies.	
Presenter 1	Lisa Preston	
Credentials	1994 Diploma in Nursing from Methodist School of Nursing; 2001 B.S. in Nursing from University of St. Francis; 2011 M.A. in Nursing Education from University of Phoenix	
Current position	Assistant Professor I at Methodist College	
Presenter 2	Octavian Gabor, PhD	
Credentials	1996 BA in Journalism from the University of Bucharest; 2000 BA in Philosophy from the University of Bucharest; 1997 M.A. in Communication Studies from the University of Bucharest; 2002 M.A. in English from Virginia Polytechnic Institute and State University; 2016 M.A. in Applied Orthodox Theology from the University of Balamand; 2011 PhD in Philosophy from Purdue University	
Current Position	Associate Professor at Methodist College	
Continuing Education	1 Hour	Nursing Social Work

Room Number	E215	
Presentation Title	True Colors: Using Self-Knowledge for a Healthy Team	
Description	True Colors is a personality inventory that provides insight into yourself and your team members. Participants will gain insight into who they are, reflect on what they need in their workplace as well as considering the dynamics of their current team. This knowledge can create a healthier, happier, and more effective team environment.	
Learning Objectives	Explain their True Color identity. Consider the role they play in a team. Consider the value of different skills/strengths in a team setting.	
Presenter	Harriett Steinbach, M.S.	
Credentials	2002 B.A. in Political Science and History from Eureka College; 2005 M.S. in Politics and Government from Illinois State University	
Current position	Coordinator or Leadership and Community Connections at Illinois State University	
Continuing Education	1 Hour	Nursing Social Work

Continuing Education

National Board for Certified Counselors

The 2017 Methodist College Wellness Forum Compassionate Care in a Sometimes Uncompassionate World has been approved by the National Board for Certified Counselors for NBCC credit. Sessions approved for NBCC credit are clearly identified. Methodist College is solely responsible for all aspects of the program. NBCC Approval No. SP-2824.

Social Work

Methodist College is an approved sponsor of continuing education programs for Licensed Social Workers and Clinical Social Workers through the Illinois Department of Financial and Professional Regulation (License Number: 159.001390)

Nursing

Methodist College is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) (OH-343, 9/1/2019). **This education activity's planners and the presenters have indicated that they have no bias or conflict of interest.**

Medical Assistant

Methodist College is not affiliated with any specific Medical Assistant Accrediting body, however, the continuing education credits earned in this course can be eligible for Medical Assistant re-credentialing.

Upcoming Events:

May 18, 2017 - 8th Grade Health Careers Expo. This event for 8th Grade students will provide them information on the variety of career opportunities that are available in health care. Presented in conjunction with UnityPoint Health Peoria, Advanced Medical Transport, and the Greater Peoria Economic Development Council

June 26-30, 2017 - Learn and Serve Camp for Sterling Middle School Students. This opportunity will expose students to practical learning experiences and real-life opportunities where their new knowledge can be applied in public service projects around Peoria.

Wellness Forum WiFi

Connect To: MCGuest

Password: Wellness2017

**To download conference materials go to:
www.methodistcol.edu/wellness-forum**



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