



# Creating Resilient Caregivers: Energizing Strategies & Solutions

Spaulding Medford's 8th Integrative Medicine Conference

Saturday April 12, 2014 - 8:00am - 4:30pm  
Spaulding Rehabilitation Hospital  
300 1st Ave, Charlestown MA 02129

If you are a caregiver of any type, this dynamic, interactive conference will show you strategies to care for yourself while caring for others by:

- Restoring and strengthening your personal energy
- Creating and maintaining healthy boundaries and life balance
- Developing a realistic, powerful self-care protocol
- Centering and balancing yourself



## Keynote Speaker

Dr. Robert Wicks received his Doctorate in Psychology at Hahnemann Medical College and Hospital. He is a clinical psychologist on the faculty of Loyola University Maryland, and is a well-known author, therapist, and spiritual guide. He has spoken about stress prevention to the FBI, to Congress, at the NIH, and to disaster relief workers around the world. He has authored numerous books, including *Perspective: The Calm within the Storm*; *The Resilient Clinician*; *Overcoming Secondary Stress in Medical and Nursing Practice*; and the best-seller *Riding the Dragon*.



## Featured Speaker

Dr. Eric Leskowitz is the Director of the Integrative Medicine Task Force at SRH and is a psychiatrist with Spaulding's Pain Management Program. He is also the editor of *Complementary and Alternative Medicine in Rehabilitation*, and has written and lectured widely on the field of energy medicine. His documentary film on team chemistry and group energies in sports, "The Joy of Sox: Weird Science and the Power of Intention," was recently aired on PBS.

**Intended Audience:** Caregivers of all types

### Course Objectives – Participants will

1. Be aware of the benefits of utilizing integrative medicine techniques to enhance self-care while caring for others.
2. Recognize signs of stress exhaustion and learn how to increase their own resilience.
3. Practice specific techniques to help quiet symptoms of stress exhaustion and caregiver fatigue.
4. Develop a realistic self-care protocol that can be utilized immediately, at home or in clinical practice.

# Creating Resilient Caregivers: Schedule

7:30 - 8	Registration and Continental Breakfast	
8 – 8:15	Opening Meditation	Eve Kennedy-Spaien OT, Conference Organizer
8:15 – 9	Energy Medicine and Resilience	Eric Leskowitz MD, Psychiatrist
9 – 10	Morning Workshop I	(1 hour each; please choose top 2)
	• Exploring Choices for Resilience	Rick Frank OT, Certified Life Coach
	• Grounding and Balancing	Janice Wesley PT, Expert Physical Therapist/Reiki Master
	• T'ai Chi	Rick Wong PT, CCCE, Tai Chi teacher
10 – 10:15	Break	
10:15 - 11:15	Morning Workshop II	
11:15 – 12:15	Keynote: Remaining Calm in the Storm	Robert Wicks, PhD
12:15 – 1:15	Lunch	
1:15 – 2:15	Caregiving and Resilience after the Marathon: The Spaulding Story	Chris Carter PsyD, SRH Psychologist
2:15-2:30	Break	
2:30-3:30	Afternoon Workshop	(1 hour each; please choose one)
	• Yoga: Balancing the Nervous System	Rick Frank OT, Kripalu Yoga Instructor
	• Acupuncture	Bridget Chin, MD, MA Medical Acupuncturist
3:30-4	Expressive Therapy	Sheryl Lawrence BA, PTA, Expressive Therapist
4 - 4:30	Panel Q&A	Presenters

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Full day conference includes course materials and continental breakfast.  
Lunch may be brought or purchased at the hospital cafe overlooking the water.

**\$105 Fee for all SRN/Partners Employees**  
**\$125 Fee for all other registrants**

**Parking Available**  
**Registration Deadline: March 14th**

To register, contact Stephanie Jones, [SJONES25@PARTNERS.ORG](mailto:SJONES25@PARTNERS.ORG) or 857.238.4916.