5th Annual

Celebration of Caring

Changing the World Through Caritas, One Caregiver at a Time

MAGNET RECOGNIZED
AMERICAN NURSES CREDENTIALING CENTER

Watson Caring Science Institute Affiliate

Thurs. November 21 - Fri. November 22, 2013
8 am to 5 pm
Hawthorne Inn & Conference Center
420 High Street, Winston-Salem, NC

Wake Forest®
Baptist Health

A Mission to Care. A Mission to Cure.

Overview

The 5th annual Caring Conference is designed for healthcare professionals involved in all aspects of education, practice and research and for those who wish to enhance knowledge about Caring Science.

Objectives

- Explore the 5 Languages of Appreciation in the workplace environment.
- Describe writing as a powerful tool for accessing deeper meaning and imaginative possibilities.
- Demonstrate simple yoga postures and breathing techniques used to decrease physical and emotional responses to stressful situations.
- Discuss integration of Caring science into practice.
- Describe Heart Science in relation to Caring Science.
- Explain self care tips for caregivers to reduce stress.
- Identify current level of personal/professional compassion fatigue.
- Demonstrate techniques of Breath Prayer, Guided Imagery, Chanting/mantras, and Centering prayer.

Who Should Participate

RN's, NA's, Physicians and Physician Assistants, Massage Therapists, Respiratory Therapists, Nutritionists, Healing Touch Practitioners, Physical and Occupational Therapists, Alternative Healthcare Practitioners, Recreational Therapists, Chaplains, and all interested persons.

Accreditation Statement

Wake Forest Baptist Medical Center Nursing Education, is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by The American Nurses Credentialing Center's Commission on Accreditation.

Education Credit

6.0 Contact Hours per full day

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Thursday, November 21, 2013

The Five Languages of Appreciation in the Workplace

Dr. Gary Chapman, PhD, MA

Transformation of Self & Systems through Caritas Literacy

Cheryl T. Handy, MN, RN

Journaling

Dottye Currin, MPH

Spiritual Interventions

Living Well While Caring for Others

Ann Charlescraft, DMin, BCC

Chair Yoga

Sallie O. Simpson, RN, BSN, MBA

Friday, November 22, 2013

Caring Science/Heart Science-Transforming Self & Systems from Inside Out

Jean Watson, PhD, RN, AHN-BC, FAAN

Breath Work

Dr. Aditi Davé, MD

Music Therapy

Art Therapy

Sawtooth Visual Arts

Qigong

Jerry Hopping, PAC

10 Tips for Dealing with Caregiver Stress

Lisa Hazlett, BA (Lisa Dames)

Location / Hotel Accommodations

Hawthorne Inn & Conference Center
420 High Street, Winston-Salem, NC 27101
336-777-3000 or 1-877-777-3099

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REGISTRATION

Dates: Thurs., November 21 – Fri., November 22, 2013 8am-5pm
Location: Hawthorne Inn & Conference Center, Winston-Salem, NC

***Name**: _____

Position: _____

*Unit / Dept. Name: _____

***Employer**: _____

Street: _____

City / State/ Zip: _____

Home/Cell Phone: _____

Work Phone: _____

***Email** _____

***Required Information**

Conference Fee (includes continental breakfast, lunch, break & materials)
Fee is non-refundable.
Registration is not confirmed until payment is received.

- ❑ Day 1 Only, Nov. 21st: **$100.00**
- ❑ Day 2 Only, Nov. 22nd: **$100.00**
- ❑ Both Day 1 & Day 2: **$175.00**

Make checks payable to: Wake Forest Baptist Health

Registration may be mailed to:

Wake Forest Baptist Health
3 South Nursing Education
Medical Center Blvd, Winston-Salem, NC 27157
For more information: (336)716-3434

REGISTRATION CLOSING DATE:

Friday, November 15th

Wake Forest® Baptist Health

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