

OK HPNA Self Care Conference " Managing the Stress of Caregiving"

Event Agenda

Friday, April 5, 2019 at 8:00am CT - 4:30pm CT

i All times listed in Central Time (US & Canada).

Friday, April 5, 2019

8:00am - 8:30am

Registration and Continental Breakfast

8:30am - 8:45am

Welcome & Introductions

OK HPNA Leadership Members

8:45am - 9:45am

Mindfulness for Hospice and Palliative Nurses

Liz Diener, PhD, RN, PNP, CNE

9:45am - 10:00am

Break

10:00am - 11:00am

Healing Touch

Amy Bohanan

11:00am - 12:00pm

Aromatherapy

Linda Yeingst, RN

12:00pm - 1:00pm

Lunch

1:00pm - 2:00pm

Resiliency, Compassion and Hope: Nurturing our Innate qualities through contemplative practices

Dr. Stephani Madison, MD Director of Palliative Care Stephenson Cancer Center, OUHSC Oklahoma City, OK

2:00pm - 3:00pm

Cognitive Reframing

Dr. Rachel Funk-Lawler, PhD Assistant Professor, Dept. of Psychiatry & Behavior Sciences, OUHSC

3:00pm - 3:15pm

Break

3:15pm - 4:15pm

Yoga

Amy Brewer

4:15pm - 4:30pm

Closing & Evaluation Instructions