



9th Massachusetts Regional Caring Science Consortium Conference (2nd Zoom Virtual Conference)

Flourishing in the Wake of COVID: Caring-Healing of Mind-Body-Spirit through Reflective Practice, Mindfulness, and Personal Alignment

Thursday, April 8, 2021 from 11:00 am to 12:30 pm

Sponsored and Supported by the Massachusetts Regional Caring Science Consortium; Endicott College, School of Nursing; and the Massachusetts College of Pharmacy and Health Sciences

The overall purpose of this virtual educational activity is to explore compassionate care for self and others through self-care healing modalities of mindfulness, reflective practice, and personal alignment, informed by the philosophy and practices of Watson's Caring Science.

Overall Program Objectives:

As a result of this educational activity, participants will be able to:

- 1) Describe at least one practice of mindfulness and its impact on creating caring practice for self and others.
- 2) Describe at least 2 levels of reflective practice and its importance in nursing practice.
- 3) Describe the importance of personal alignment in caring for self and others.

Program Content:

Welcome (Lynne); **Housekeeping** (Rachael); **Centering** (Danielle)

Mindfulness Practice as a Healing Modality

Danielle Leone-Sheehan, PhD, RN, Assistant Professor, School of Nursing, Endicott College with expertise in clinical nursing, spiritual knowing in nursing, and transpersonal caring.

Reflective Practice as a Healing Modality and Mindful Practice

A. Lynne Wagner, EdD, MSN, RN, FACCE, CHMT, Caritas Coach®

Nurse Educator-Consultant for Caring Practice; Faculty Associate, Watson Caring Science Institute; Founder of Massachusetts Regional Caring Science Consortium

Personal Alignment as a Mindful Practice

Christine McNulty Buckley, DNP, MBA, RN, CPHQ, NEA-BC, Caritas Coach®, Associate Professor, School of Nursing, Massachusetts College of Pharmacy and Health Sciences University and a Caring Science Scholar with expertise in mindfulness practice and support of clinical teams.

Group Discussion and Sharing among Speakers and Attendees (Christine)

Caring Moment Centering (Lynne)

Closing Comments and Program Evaluations and Certificates (Rachael)

A special thank you to Rachael Salguero, MSN, RN-BC, CNEcl; Instructor, School of Nursing, MGH Institute of Health Professions (and recent faculty member at Endicott College, School of Nursing), for all her "behind the scenes" contributions of organizing zoom meetings and contact hour process, overseeing technical aspects and housekeeping of the program, and her loving presence during the program.

Please Note: There is NO conflict of interest or commercial support disclosed by planners, speakers, or content reviewers, in relation to this educational activity.

This event would not have happened without a team of committed caring people. A special thank you and deep gratitude to **Dr. Nancy Meedzan**, Dean, School of Nursing, **Endicott College**, for graciously hosting this virtual program and supporting the application process for the contact hours. Gratitude also to the **Massachusetts College of Pharmacy and Health Sciences** for support.

Much gratitude to the speakers and to the committed people “behind the scenes”, who helped with planning and organizing the program. Thank you, too, for all who attended and participated in meaningful caring dialogue that has the capacity to change how we care for ourselves and attend to the caring-healing of others.

Endicott College, School of Nursing, applied for Contact Hours from the Massachusetts Association for Public Health Nurses, an approved provider of continuing nursing education. *This program has been awarded 1.5 contact hours.*

For attendees to receive certificate of contact hours, attendance at the entire program and submission of an evaluation form at the end of the program are required.