Finding the Middle Ground: Managing stress and anxiety while providing clinical care during the COVID-19 crisis

Workshop details
• Overview of potential self-care strategies to prevent burnout and minimize distress during difficult times (10-15 minutes)
• Conversation between the speakers and attendees (using the chat feature) on issues faced by providers caring for patients during the COVID-19 epidemic, and suggestions on how to manage mental health. Attendees may communicate in private with the presenters (30-40 minutes)
• Brief guided meditation (5 minutes)

Dr. Jones Weiss is a clinical psychologist with extensive experience providing clinical services to vulnerable populations, and in the development and implementation of behavioral interventions addressing depression, quality of life, and other health-related issues.

Dr. Safren is a clinical psychologist with extensive experience providing clinical care as a therapist, supervisor, and training director delivering cognitive-behavioral therapy for emotional disorders and for individuals affected by medical illness.

Dr. Duthely is a certified yoga and meditation instructor and has taught meditation for 25 years and yoga for 7 years. She facilitates the meditation techniques of Master Sri Chinmoy, which focuses on cultivating the individual’s “heart-centered” qualities.

Monday, April 13th, 7:30 – 8:30 PM
Register in advance with your UM or JHS email account at:
https://zoom.us/meeting/register/upwpcOiorzksYimEP2Rq4dmfvUx63S9i8g

After registering, you’ll receive a confirmation email with access information to the meeting.

Please refer to the CHARM website for mental health resources, general information on COVID-19, and information on COVID-19 while managing HIV.