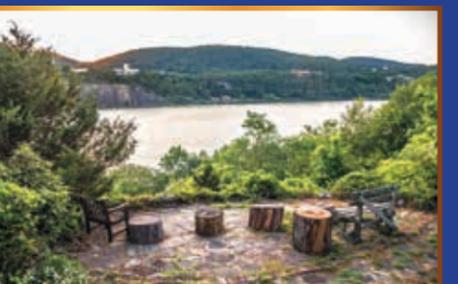


**Highlights of the Institute**

- Tranquil, 95-acre park-like setting overlooking the Hudson River
- Former Capuchin monastery
- Gardens & gazebo on the bluff by the river
- Healthful, world-renowned vegetarian cuisine
- Beautiful walking paths
- Ideal setting for meditation, contemplation
- Yoga mat provided



PESI sponsored retreat located at Garrison Institute, Garrison, NY

# 5-Day Nurses Retreat

Rejuvenate yourself and your healing abilities with an incredible retreat at the Garrison Institute, a former Capuchin monastery overlooking the beautiful Hudson River. Earning 24 CE hours has never been more relaxing.

Your work is intense. Burnout and compassion fatigue follow the overwhelm of other people's trauma and illness. Take the time to step away from your stressors, develop a new life perspective and the sense of renewal that you've been yearning for – something that most CE trainings will never give you!

While escaping to the majestic Hudson River valley setting, you'll strengthen your own mindfulness and meditation practice, reduce your stress and enhance how you experience everything in both your personal and nursing lives. We will follow a balanced schedule of meditation, informative sessions, group discussion, gentle yoga movement, and transformational practices. This content-rich retreat is organized with plenty of down time for rest, rejuvenation and relaxation.

Experience the transformational practices of mindfulness, present moment awareness, meditation, self-compassion, and MORE!

- **More answers** on how to alleviate stress
- **More techniques** to handle burnout-inducing situations
- **More long-term strategies** to maintain genuine compassion
- **More skills** to contribute to positive and rewarding relationships with colleagues
- **More practice**, guidance and feedback on utilizing mindfulness

**Get the direction you're seeking with the in-depth meditative and experiential practices that only a retreat can provide!**

- Immerse yourself in the healing energy of nurses
- Discover "mindful moment" calming techniques
- Apply compassion practices to soothe emotional distress
- Develop communication skills that will defuse bullying and blaming
- Increase support and cooperation across the healthcare team
- Explore professional advocacy because meditation won't fix workload problems
- Learn the "transition to home practice" to bring workday closure and joy to your home life

**No mindfulness or meditation experience needed!**

**Learning Outcomes**  
Learning outcomes can be viewed online at [pesihc.com/express/68871](http://pesihc.com/express/68871)

## How to Register

Choose the easiest registration method for you:

ONLINE	<a href="http://pesihc.com/express/68871">pesihc.com/express/68871</a>	MAIL	PESI PO BOX 1000 Eau Claire, WI 54702-1000
PHONE	800-844-8260 <small>Please have credit card available</small>		
FAX	800-554-9775		

**Guarantee**  
★★★★★  
Your satisfaction is our goal — and our guarantee! If you are not satisfied with our products, we'll make it right!  
**PESI®**  
HealthCare

**RETREAT IS LIMITED TO TRAINING PARTICIPANTS ONLY.**

**1 Please complete entire form** (to notify you of retreat changes); please print; staple duplicate forms.

Name \_\_\_\_\_

Profession \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ County \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home/Cell Ph ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address \_\_\_\_\_

**Registration email address is required to receive your certificate of completion and registration confirmation.**

**2 Tuition and 4-night stay (68871GSN) September 8-12, 2019**

<input type="checkbox"/> Early bird by 8/4/19	\$1,799 per person	<input type="checkbox"/> Included
<input type="checkbox"/> Standard	\$1,999 per person	<input type="checkbox"/> Included

**\*\*Bring a friend and SAVE \$200 each!**

<input type="checkbox"/> Early bird by 8/4/19	\$1,599 per person	<input type="checkbox"/> Included
<input type="checkbox"/> Standard	\$1,799 per person	<input type="checkbox"/> Included

To register for double occupancy, please submit both registration forms at the same time. Indicate your roommate's name on the line below.

Roommate's name: \_\_\_\_\_

**3 Please indicate method of payment.**

Check enclosed payable to **PESI, Inc.**

Am. Exp. (15 Digits)  VISA (13-16 Digits)  MC (16 Digits)  Discover Novus (16 Digits)

Card Number: \_\_\_\_\_ Card Expires: \_\_\_\_/\_\_\_\_/\_\_\_\_ Total \_\_\_\_\_

Signature: \_\_\_\_\_ V-Code #: \_\_\_\_\_

For additional details, cancellation policy and FAQ go to: [pesihc.com/express/68871](http://pesihc.com/express/68871)



# 5-Day Nurses Retreat

Decrease Stress and Overcome Emotional Complexities with Mindfulness & Meditation Skills, Tools & Techniques

**Earning 24 CE hours has never been more relaxing.**

**Sunday-Thursday • September 8-12, 2019**  
Garrison Institute • Garrison, NY

[pesihc.com/express/68871](http://pesihc.com/express/68871)

# Retreat Content

## Know: Your Stress: Naming your Top 5 External and Internal Stressors

Workplace, Home, Internal and Situational Stressors

Recognize Your Stress Reactivity Pattern: Are you a Flight, Fight or Freezer?

Understand Stress and Disease

## Immediate Stress Relief

Learn 10 in the Moment, Fast Acting Stress Relievers

Practice: The Mindful Check In

Practice: Stimulating the Relaxation Response

## Explore Mindfulness

Intention/Attention/Attitude

The Present Moment

Experience: Mindful Eating Practice

Experience: Mindful Handwashing Practice

Experience the Mind-Body Connection with the Body Scan Practice

## Focus and Concentration

Calm the Mind

Mindfulness and Patient Safety

Explore the Mindful Attention Awareness Scale (MAAS)

Research-Based Benefits of Meditation

Experience: Mindful Breathing Practice

## Nursing and Negative Stress Reaction Patterns

Awareness: How Stress Can Become Distress

Burnout: Emotional Exhaustion, Depersonalization and Loss of Personal Efficacy

Empathetic Distress/Compassion Fatigue

Learned Helplessness, Overwork, Perfectionism

Rate Yourself with the Maslach Burnout Inventory

## Caring and Compassion: Explore the Heart of Nursing

Connecting to Job Satisfaction

Titration Emotional Distress on a Scale of 1 -10

Experience: Compassion Practice #1 For When Your Client's Emotional Content Distresses You

Experience: Compassion Practice #2 A Self Soothing Practice for when your Own Emotional Content (Anger, Worry, Shame, Doubt) is Overwhelming

Awareness Exercise: When You are Upset How do You like to be Comforted

## Mindful Communication

Communication Guidelines

Explore the Nonviolent Communication Model (NVC)

Apply NVC to Communication Scenarios

Experience: Metaphoric Dialogue a Transformative Practice for Discovering New Insights to Tricky Work Problems

## Stress, Mindfulness and The Health Care Organization

Heavy Workload, Emotional Intensity, Lack of Support and Other Workplace Stressors

Case Study: New Mother Nurse Encounters Multiple Obstacles While Getting Ready for Work

Mindful Time Management

What to Do and Say When a Coworker

- Wants to Control You
- Refuses to Accept Help
- Is Hypercritical

Navigate Workplace Bullying: Verbal Abuse, Eyerolling, Toxic Gossip

Tips and Techniques to Destress in the Middle of a Busy Shift

Navigate Evocative Situations: Dumping, Venting, Debriefing, and Processing Emotions

Team Build: Increase Support and Cooperation Between Coworkers

## Workplace Safety and Professional Advocacy

Case Study: A Competent Fatigued Nurse makes a Serious Medication Error

- Multiple Causalities for the Medication Error
- Negative Emotions that Arise
- Apply Mindfulness and Compassion Practices to the Situation
- Support your Coworker in Difficult Times

## Mindfulness and Self Care: Keys to a Sustainable Nursing Career

Transition from Work to Home Practices

Grow a Meditation Practice

Create Wellness: Safety, Physical Fitness, Diet, Sleep and Meditation

Integrate Mindfulness into the Workplace

Sara and Robin will be available for one on one and small group sessions during the retreat. Times to be announced.

# Retreat Schedule

## Sunday, September 8, 2019

3:00–6:00pm	Check-In
6:00–7:00pm	Dinner
7:30–9:00pm	Program Introduction/ Evening Educational Session*

## Monday – Wednesday, September 9-11, 2019

6:30–7:30am	Yoga (optional)
8:00–9:00am	Breakfast
9:30am–12:30pm	Educational Session*
12:30–1:30pm	Lunch
1:30–3:00pm	Individual Activity Guided Hike – Monday Only (optional)
3:00–5:00pm	Educational Session*
5:00–6:00pm	Individual Activity
6:00–7:00pm	Dinner
7:30–9:00pm	Educational Session*

## Thursday, September 12, 2019

6:30–7:30am	Yoga (optional)
8:00–9:00am	Breakfast
9:30am–12:30pm	Educational Closing Session*
12:30–1:30pm	Lunch and Retreat Conclusion

\*CE is awarded during these specified times



**Target Audience:**  
Nurses • Nurse Practitioners  
Clinical Nurse Specialists • Nurse Educators

# Retreat Facilitators

## Lead Instructor



**Sara Lefkowitz, MPA, BSN, RN**, is a dynamic and engaging speaker who presents highly-acclaimed seminars on Stress Reduction for Nurses throughout the United States. She has firsthand knowledge of the challenges that nurses face through her years working in large urban hospitals on medical surgical units and in the emergency department. Being a wife and mother; she understands the difficulties of juggling family and career responsibilities.

Sara is a tenured nursing education professor in Northern California where she specializes in teaching medical surgical nursing. She has served as the assistant director of the nursing program and has worked extensively on course and curriculum development.

In 2013, Sara took a yearlong sabbatical to learn practical techniques to help the stressed out, overworked nurse. She studied Mindfulness-Based Stress Reduction (MBSR) and trained as a MBSR facilitator. She studied Vipassana Meditation at Spirit Rock Meditation Center. She learned compassion practices through the study of Vajrayana Buddhism with Tara Mandala founder Lama Tsultrim Allione and her authorized teachers. Sara uses these practices every day to cope with the stresses of daily living, personal losses, and her tendencies toward overwork and burnout.

Speaker Disclosure:

Financial: Sara Lefkowitz is a tenured nursing faculty for College of Marin. She receives a speaking honorarium from PESI, Inc.

Non-financial: Sara Lefkowitz is a member of the American Nurses Association; and the San Francisco Bay Area Tara Mandela Sangha.

## Guest Presenter

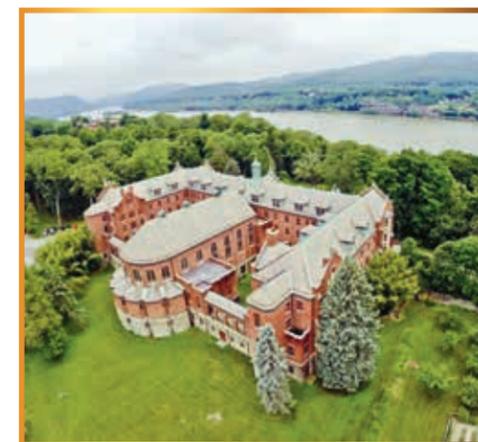


**Robin Gayle, PhD., MFT**, is a Licensed Marriage and Family Therapist; clinically trained EMDR and Hypnotherapist; and professor of counseling psychology. Robin's private psychotherapy practice spans over 20 years in Kentfield, Marin County, California for individuals, couples, and groups where she utilizes Client-Centered Listening, Narrative Therapy, Guided Imagery, and Focusing to examine and shift patterns and reactions, and EMDR therapy for trauma recovery and performance enhancement. Robin is a well known group psychotherapist specializing in mindfulness groups and is a trained facilitator in Rothberg's Working with the Judgmental Mind. Her tenure as professor is with the Department of Counseling Psychology at Dominican University of California where she chairs the department and teaches graduate level counseling psychology courses to those aspiring to be marriage and family therapists.

Speaker Disclosure:

Financial: Robin Gayle maintains a private practice. She is a professor at Dominican University of California. Dr. Gayle receives a speaking honorarium from PESI, Inc.

Non-financial: Robin Gayle has no relevant non-financial relationship to disclose.



## Retreat Location:

### Garrison Institute

14 Mary's Way, Route 9D  
Garrison, NY, 10524  
(845) 424-4800

**For additional information:**  
[pesihc.com/express/68871](http://pesihc.com/express/68871)

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

*If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@pesi.com) or 800-844-8260 before the event.*

*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.*

*PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.*

**NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 24.0 contact hours. Partial contact hours will be awarded for partial attendance.

**CALIFORNIA NURSES:** PESI, Inc. is a provider approved by the California Board of Registered Nursing, Provider Number 13305 for 24.0 contact hours. Full attendance is required. No partial contact hours will be issued for partial attendance.

**CALIFORNIA NURSES ONLY:** PESI must have your license number on file in order for your hours to be valid. While completing the online post-test/evaluation, please answer YES to the question: "Are you a California Nurse?" and include your license number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**FLORIDA NURSES:** PESI, Inc. is an approved provider with the Florida Board of Nursing, Provider # FBN2858. This course qualifies for 24.0 contact hours.

**\*FLORIDA PARTICIPANTS ONLY:** To be reported to CE Broker, while completing the online post-test/evaluation, please answer YES to the question: "Do you need your hours reported to FL CE Broker?" and include your complete license number when you are prompted (i.e. MH1234, RN9876543, OT159, etc.). After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be reported. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number. Please allow 3-4 weeks for processing.

**IOWA NURSES:** PESI, Inc. is an approved provider by the Iowa Board of Nursing, Provider #: 346. Full attendance at this activity qualifies for 24.0 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

**IOWA NURSES ONLY:** PESI must have your license number on file in order for your hours to be valid. While completing the online post-test/evaluation, please answer YES to the question: "Are you an Iowa Nurse?" and include your license number. After completing and passing the online post-test/evaluation, your information will automatically be sent to [cepesi@pesi.com](mailto:cepesi@pesi.com) to be filed. If you forget to answer yes, please send an email to [cepesi@pesi.com](mailto:cepesi@pesi.com) with the following information: full title of the activity, speaker name, date of live broadcast, date you completed the post-test, and your name and your license number.

**OTHER PROFESSIONS:** This activity qualifies for 1440 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

Limited availability! Register today at [pesihc.com/express/68871](http://pesihc.com/express/68871)