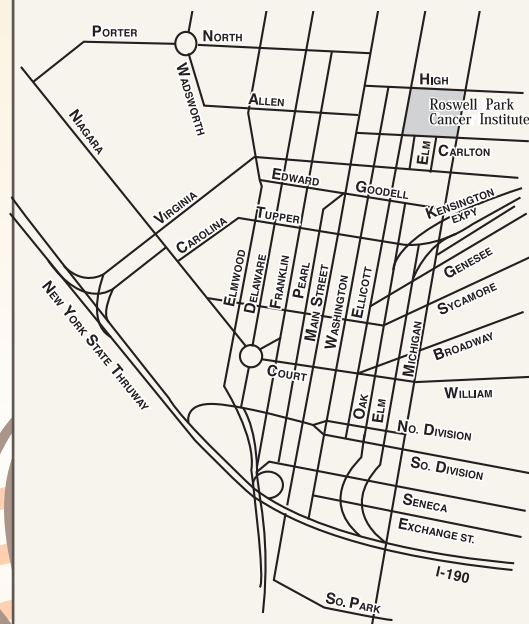


ACKNOWLEDGEMENTS

We would like to thank Life Resources for books and materials on consignment today.

LOCATION

The program will be held June 6, 2014 in the David C. Hohn Auditorium, Research Studies Center Building at Roswell Park Cancer Institute, Elm and Carlton Streets, Buffalo, NY



Elm & Carlton Streets • Buffalo, New York 14263
www.roswellpark.org
1-877-ASK-RPCI (1-877-275-7724)

A National Cancer Institute-Designated Comprehensive Cancer Center
A National Comprehensive Cancer Network Member
A Blue Distinction Center for Complex and Rare Cancers®
A Blue Distinction Center for Transplants®
An ANCC Magnet®-Designated Hospital

The Art and Science of Change and Resilience

Joan Borysenko, PhD

Founder and President of
Mind-Body Health Sciences, LLC
Co-Founder and Director of
the Claritas Institute
for Interspiritual Inquiry
School of Public Health



Friday, June 6, 2014

Sponsored by
The Department of Pastoral Care
Roswell Park Cancer Institute
Elm & Carlton Streets
Buffalo, NY 14263

&
Erie Niagara Funeral Directors Association
www.enfda.org

PROGRAM DESCRIPTION

Resilience is more than the ability to bounce back from adversity. It's a transformative process that reveals our inherent nobility, a rite of passage from pieces to peace. The art of resilience emerges when life's difficulties invite a harmonious synthesis of mind, body, and spirit that opens a path to wisdom and meaning. The science of resilience provides evidence-based tools that change the brain and the mind. Mindfulness training reduces stress and increases emotional, intellectual, spiritual and physical health. Dr. Joan Borysenko comes to us today to share some new perspectives on mindfulness meditation, the anatomy of change including illness and loss and the joining together of psychology, health and spirituality. When helping professionals use these tools in their own lives, they become the healing presence required to guide others through this process.

OBJECTIVES

At the end of the program participants will be able to:

- Practice mindfulness meditation and other simple exercises that create new neural circuits supporting emotional balance, equanimity, and better health.
- Provide practical tools for patients/families/clients to assist them in the development of resilience
- Describe the anatomy of change – including illness and loss – in a way that is empowering to patients, families and clients

PROGRAM SPEAKER

Joan Borysenko, Ph.D. is a Harvard Medical School trained cell biologist, psychologist, spiritual educator, and New York Times bestselling author. Well known for her tender exploration of the human spirit – how we create meaning that heals and inspires – she is the author of 16 books including *Minding the Body*, *Mending the Mind* and *Pocketful of Miracles*. Cofounder of the Claritas Institute for InterSpiritual Inquiry, she is an internationally renowned pioneer in the synthesis of mind, body, and spirit. You can learn more about her work at www.joanborysenko.com.

PROGRAM

8:00 a.m.
Registration, Breakfast, Book Exhibit

8:45 a.m.
Welcome/Opening Prayer

9:00 a.m.
SESSION I: *The Art of Resilience*

10:30 a.m.
Refreshment Break and Book Exhibit

10:45 a.m.
SESSION II: *Resilience: Minding the Body, Mending the Mind*

12:30 p.m.
Lunch and Book Exhibit

1:30 p.m.
SESSION III: *Resilience: The Neuroscience and Practice of Mindfulness*

2:30 p.m.
Break and Book Exhibit

2:45 p.m.
SESSION IV: *Resilience: The Wisdom of the Heart: Where Psychology, Health and Spirituality Meet*

4:00 p.m.
Departure

ACCREDITATION

Funeral Directors attending this seminar will earn 4 CEUs. Please Note: You must be present for all four sessions (hours) to receive any credit.

THE ART AND SCIENCE OF
CHANGE AND RESILIENCE
Friday, June 6, 2014
Roswell Park Cancer Institute

NAME (S)

ADDRESS

CITY

STATE

ZIP

TELEPHONE NUMBER

EMAIL

INSTITUTION/AFFILIATION

POSITION

Salaried Volunteer

Pastoral Care Experience: _____ years

CPE Experience:
_____ units _____ Certified _____ NACC _____ APC

155 maximum attendance

REGISTRANTS WITH DISABILITY

Briefly describe your needs below:

REGISTRATION FEE:

\$45 due by May 28, 2014.

Fee includes continental breakfast, coffee break, lunch and parking. Please make check or money order payable to:
Pastoral Care/Roswell Park

Mail this registration form and payment to:

Beth Lenegan, PhD

Pastoral Care Department, Roswell Park Cancer Institute
Elm and Carlton Streets, Buffalo, NY 14263

REFUND POLICY:

May 28, 2014 is the last date for registration cancellations. There will be no refunds after this date.

For more information

Roswell Park Cancer Institute
The Department of Pastoral Care
(716) 845-8051.