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Health workers and the power of contemplative practice

Between doctor and nurse shortages, systemic challenges in the healthcare system, and the ongoing stress of caring for the ill, it's no mystery that healthcare workers are struggling to stay well themselves. Health workers report (<https://nursejournal.org/articles/cdc-nurse-healthcare-worker-burnout/>) fewer mental health challenges when they work in a supportive environment where they can prioritize patient care and personal wellbeing. How can we address both the systemic issues and the individual suffering that stems from these environments? Join SIYLI's Auri Whitaker in conversation with a pioneering panel of



doctors and specialists who consider how practicing mindfulness impacts their work as both providers meeting patients and leaders creating supportive environments for their team.

If you can't make it live, make sure to still sign up and we will send you a recording of the session.

July 10 | 11:00am - 12:00pm PDT

Join us from your device

Find the right time in your location

([https://www.timeanddate.com/worldclock/converter.html?](https://www.timeanddate.com/worldclock/converter.html?iso=20240710T180000&p1=224)

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Program Language: English

Register (<https://us02web.zoom.us/meeting/register/tZcpcO>)

Your Panelists:

This important conversation will be held with four incredible pioneers of mindfulness in the healthcare profession. Dr. Deborah Borne is a street medicine provider and health planner at the San Francisco Department of Public Health (SFDPH). Dr. Glen Komatsu serves as Chief Medical Officer for Providence Hospice Los Angeles and Regional Palliative Care Southern California and Medical Director for Providence KidsCare pediatric hospice and palliative care. Mina Mohammadi is an epidemiologist and researcher working at SFDPH. Dr. Barbara Wolf is a Clinical Health Psychologist and the Corporate Director for Behavioral Health Education & Physician Well-Being at McLaren HealthCare. All are long-time practitioners and teachers of contemplative practices and mindfulness-based interventions for their respective hospital systems.



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