



Nursing in and Through a Pandemic - A Time to Heal

August 23-26, 2021

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As the nation begins to recover from the pandemic, we recognize that nurses need emotional support and tools to facilitate their own recovery process. This pandemic has caused an unprecedented amount of stress and burnout on the nursing workforce and has illuminated the significant inequities that exist in our nation. Additionally, the past year has brought long overdue national attention to traumas caused by racism in the United States, which permeates through most areas of society, including the healthcare system.

This virtual program is designed to open the conversation and help facilitate the healing process for nurses and the patients they serve. The goal is to empower nurses to develop tools to promote growth and resiliency in the midst of recovery and self-repair.

AGENDA:

August 23, 2021, 9:00AM – 10:30AM

The Simplest, Surest Baby Steps to Wellness Often Forgone by Caroline Ortiz, MS, MPH, RN

This presentation will discuss ways in which individuals and groups can move toward healing and wellness using neuroscience biology and mind-body techniques derived from transpersonal psychology and guided imagery. The presenter will facilitate discussions about how intentional breathwork and non-judgmental introspection can be used to support the momentum of wellness for self-healing. Assuming no prior experience with meditative practices, attendees will be guided in a series of scaffolded guided meditations with opportunities to share experiences in small and large groups. Resources for further practice and self-development will be discussed.

August 24, 2021, 9:00AM – 10:30AM

Moving from Trauma to Resilience by Danielle Conklin, DNP, PMH-NP

This presentation will focus on the foundational concepts of trauma including the history and current theories of trauma. Models for trauma and resilience will be explored as they apply to patients, nurses, and the larger community.

August 25, 2021, 8:00AM – 9:00AM

Healing Inside Racism by Kenya V. Beard, EdD AGACNP-BC CNE ANEF FAAN

The Future of Nursing 2020-2030 recognizes that "...there remain too many examples of structural racism throughout nursing, and we must be open to continuing to examine, identify, and change these within our own profession." This session amplifies the insidious ways that racism infiltrates institutions and how policies and practices reify its existence. Participants will receive actionable steps to dismantle racism and support healing.

August 26, 2021, 9:00AM – 10:30AM

Q&A Panel Discussion and Takeaways for Mind and Body Healing Through Practice

An interactive Q&A conversation with Caroline Ortiz, Danielle Conklin, and Dr. Kenya Beard to better identify the Nursing Summit audience's specific questions, needs, and goals to reduce stress and begin to heal and to provide information and techniques to continue to promote growth and resilience in the midst of their journey of recovery.

CONTINUING EDUCATION CREDITS

The NYU Rory Meyers College of Nursing Center for Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses' Credentialing Center's Commission on Accreditation. Each program will provide up to 1.5 hour(s) of continuing education credits. To receive credit for each program you are registered for, attendance at entire presentation is required. Partial credit will not be given.

REGISTRATION

Early Bird Registration (before August 1, 2021) = \$129.00

Registration (after August 1, 2021) = \$149.00

Registration fee is non-refundable.



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AUGUST 23-26**

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