

Webinar Wednesday

MidAtlantic AIDS Education and Training Center
University of Pittsburgh • Graduate School of Public Health • Department of Infectious Diseases and Microbiology



Save the Date

Certificates of Attendance Provided

Time: noon-1pm ET

Mindfulness: A Stress Reduction Strategy

January 18, 2017

Program Overview

The purpose of this webinar is to enable participants to recognize warning signs of stress and adopt mindfulness as a coping strategy.

Upon completion, participants will be able to:

- Define Mindfulness
- Outline steps to achieve living in the moment
- Discuss ways to incorporate mindfulness in patient care plans

Intended Audience

Physicians, Physician Assistants, Nurses, Nurse Practitioners, Social Workers, Case Managers, and other members of the HIV treatment team

Disclosure

Faculty/Planners disclose no conflict of interest relative to this educational activity.

PSNA: The MidAtlantic AIDS Education and Training Center is an approved provider of continuing nursing education by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This activity qualifies for 1.0 contact hours.

Featured Speaker

Lawrence Yurow, MSW, LCSW

Senior Social Worker, HIV Program
Christiana Care Health Services

Larry Yurow is currently a Senior Social Worker with the Christiana Care Health System Community program in Wilmington Delaware. There, he provides mental health, substance abuse and psychotherapy treatment interventions for person's living with HIV/AIDS.

Mr. Yurow is a certified U.S. Navy HIV/AIDS Education Instructor Trainor, and has trained U.S. Navy and Marine Corps Personnel throughout the Atlantic and Pacific Commands. He holds a BSW and MSW from the University of Maryland (1992; 1996). Active areas of practice, research and interest include: Trauma and Traumatic Stress; Crisis Intervention; Suicide; Effects of Suicide on Family and Community; Psychopharmacology.

Mr. Yurow has established a meditation practice over the past 30 years using traditional Insight Meditation (Vipassana) and is a practicing Zen Buddhist. It is from his own personal practice, as well as education and training in Mindfulness and Psychotherapy that he is able to assist his clients who struggle with Mental Health problems and HIV Infection.

Registration

These webcasts are free and open to the general public.

Visit the MidAtlantic AIDS Education and Training Center website to register.

www.maaetc.org

