

# ADDRESSING THE TRAUMA OF COVID ON HEALTHCARE WORKERS



**NOVEMBER 19, 2021**  
**8:45 AM – 12:15 PM PST**  
**VIRTUAL WORKSHOP**

# SCHEDULE

- 8:45 – 9:00 a.m.**      **Welcome**  
Dr. Lorie H. Judson
- 9:00 – 10:30 a.m.**      **Building Resilience: Mindfulness and the Connection with Self, Others**  
Brian F. Shiers, MA, LMFT, CMF  
Aligned Mind  
*Moderator: Ms. Betsy Manchester*
- 10:30 a.m.  
– 12:00 p.m.**      **The Arts & Healthcare**  
Ali R. Tayyeb, PhD, RN, NPD-BC, PHN  
Assistant Professor, Patricia A. Chin School of Nursing  
*Moderator: Dr. Evaon Wong-Kim*  
Materials: Drawing materials (paper, pencil, markers, crayons, tablet, etc.) Please note: artistry/ability to draw is not a prerequisite for this workshop.
- 12:00 – 12:15 p.m.**      **Summary and Closure**

# PURPOSE & OBJECTIVES

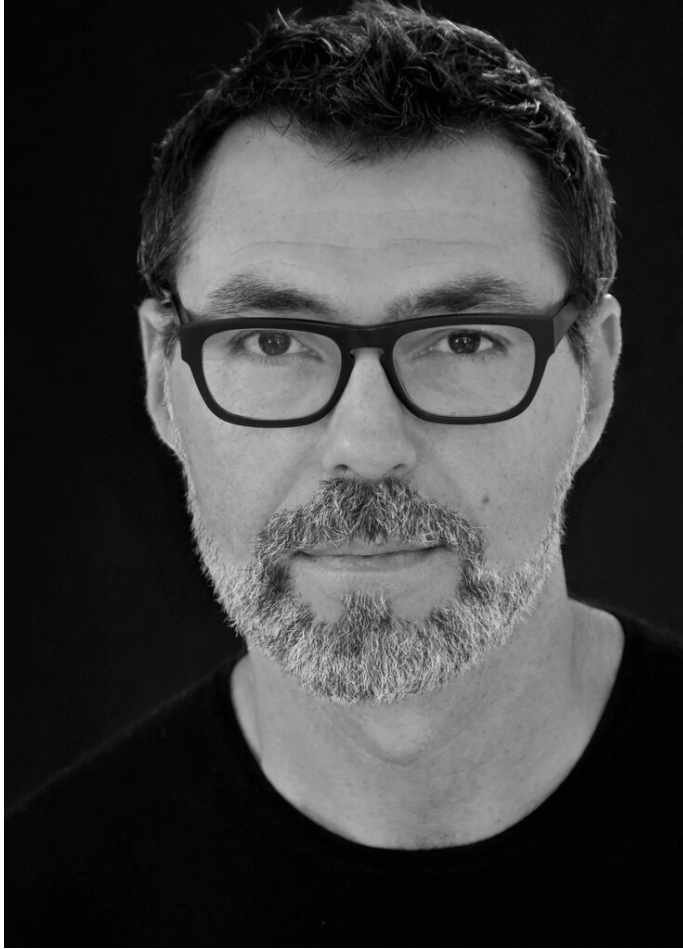
The purpose of this workshop is to provide participants with tools designed to:

- 1) Access skills designed to build a therapeutic mind-body connection.
- 2) Experience ways to express oneself during times of stress.

Workshop Objectives: The participant will

- Discuss self-care skills, for example:
  - Expressing oneself through art and/or writing
  - Appreciating the tension releasing strategies you control, such as breathing, focusing, grounding, and centering
- Practice selected self-care strategies such as controlled diaphragmatic breathing, centering one's energy, and focusing on the present (grounding)

# SPEAKERS



## BRIAN F. SHIERS

MA, LMFT, CMF

*Aligned Mind*

*"I'm exhausted! Overwhelmed! I've seen too much death! I'm finished!"*

Have you said this to yourself? Once? Twice? Or maybe never, but you've likely heard a colleague say it.

Brian Shiers has heard these statements many times in his psychotherapy practice where he works with physicians, nurses, and law enforcement to help them manage the stresses of public health and safety. And the keystone of his therapeutic approach is a state of awareness called mindfulness.

"All self-governance is about awareness, understanding, and effective behavior, and mindfulness is a master skillset to optimize all three." With degrees in Kinesiology (B.S. Cal State Northridge 1993) and Psychology/ Interpersonal Neurobiology (M.F.T. Phillips Graduate University May 2016), Brian has integrated his 28-year study of Buddhist mind training with his western psychology studies to evolve an approach to regulating stress and trauma that leads to personal resilience, stronger relationships, and hope.

As a Certified Mindfulness Facilitator and senior faculty of MARC (UCLA's Mindful Awareness Research Center), Brian provides training to diverse clients and organizations that educate or serve as "front line workers", including UCLA's Geffen Medical School, the FBI Hostage Rescue Team, and police departments from around the country.

Brian is passionate about translating the neuroscience and psychology of mindfulness practices for people from diverse cultural and organizational backgrounds who are searching for inner balance.

# SPEAKERS



## **ALI R. TAYYEB**

PhD, RN, NPD-BC, PHN  
Assistant Professor  
*Patricia A. Chin School  
of Nursing*

Dr. Ali R. Tayyeb a United States Navy Veteran, having served for 10 years as a Fleet Marine Force Corpsman (*Coremen*) with Naval Medical Center San Diego, 1st Marine Division, and 3rd Marine Division. After his military service, Dr. Tayyeb pursued his career as a Registered Nurse, earning his bachelor's and master's degrees in

Nursing from California State University, Los Angeles, and his Ph.D. from the University of San Diego.

Dr. Tayyeb is a Jonas Veterans Healthcare Scholar Alumni, is currently an Assistant Professor Cal State LA, and is the Creator of the RN-Mentor Podcast. Dr. Tayyeb's research, although Veteran centric, has evolved into the exploration of systemic failure in societal social contracts.

Dr. Tayyeb has had a lifelong interest in the arts and has been incorporating his artistic interests into his professional role, using art as a platform in communication over the past two years. His work outside of the classroom has been utilized by the American Nurses Association, the Substance Abuse and Mental Health Services Administration – Minority Fellowship Program, and The American Academy of Ambulatory Care Nursing. His #PPENOW sculpture was featured in the American Journal of Nursing in May 2021.

# CHIN FAMILY INSTITUTE FOR NURSING

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The mission of the Chin Family Institute for Nursing is the advancement of nursing education, advocacy, leadership and action. The Chin Family Institute for Nursing at California State University, Los Angeles serves as a center for nursing excellence with an emphasis on caring for diverse, underserved urban populations.

**Lorie H. Judson, PhD, RN, NP**

Executive Director

*Chin Family Institute for Nursing*

**Patricia A. Chin, DNSc., RN**

Professor Emerita

*Patricia A. Chin School of Nursing, California State University, Los Angeles*

**Cecelia Crawford, DNP, RN, FAAN**

Nursing EBP/Research Consultant

Founder and Inaugural Director

*Academy of EBP*

**Mary Dickow, MPA, FAAN**

Program Director

*HealthImpact*

Director of Strategic Initiatives

*Organization for Associate Degree Nursing*

**Theresa Murphy, MS, RN, CENP**

Chief Nursing Officer

*USC Verdugo Hills Hospital*

**Pamela Angerer Payne, DBE, MSN, WHNP-BC**

Lecturer

*Patricia A. Chin School of Nursing, California State University, Los Angeles*

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# PLANNING COMMITTEE

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The Chin Family Institute for Nursing would like to thank the members of the planning committee for their outstanding efforts to ensure the success of the symposium.

## **Patricia Chin, DNSc., RN**

Member Board of Directors, Chin Family Institute for Nursing (CFIN)  
Former Director, Patricia A. Chin School of Nursing (PACSON)  
Professor Emerita

## **Lorie H. Judson, PhD, RN, NP**

Executive Director, Chin Family Institute for Nursing Professor Emerita  
Veteran

## **Betsy Manchester, MN, APRN, FNP, CNE-Ret**

Former Director of Nursing at Los Angeles City College  
Former Coordinator, ADN-BSN Collaborative Program, Cal State LA

## **Theresa Murphy, MS, RN, CENP**

Chief Nursing Officer, USC-Verdugo Hills Medical Center

## **Ali Tayyeb, PhD, RN, NPD-BC, PHN**

Assistant Professor, Patricia A. Chin School of Nursing, Cal State LA Veteran

## **Evaon Wong-Kim, PhD, MSW, MPH, LCSW**

Dean, College of Health Sciences, Samuel Merritt University

## **Zoe-Anne Fitzhugh, MS, RN, CNS**

Consultant, Chin Family Institute for Nursing

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# THANK YOU

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The planning committee would like to extend a special thank you to our creative and technical support staff:

- **Maria Ubago**, Executive Director for Alumni Relations and **Christina Garrison**, Alumni Engagement and Programs Manager, Cal State LA for their valuable help in digitizing the invitation, sending it to thousands of alumni and registering attendees.
- **Marla Ulloa**, Media Production Specialist, ITS, Cal State LA and **Leon McNaught**, ATI Project Manager ITS, Cal State LA for their direction in making this virtual program possible and their technical expertise the day of the program.
- **Dr. Ali Tayyeb**, Assistant Professor Patricia A. Chin School of Nursing, Artist and colleague. Your artistic vision captured the collective pain nurses and other healthcare providers are experiencing and integrated that vision into the design for the invitation and program.
- **Brittany Brooks**, Administrative Support Coordinator, ADN-BSN Collaborative Program Patricia A. Chin School of Nursing, graphic, instructional and technical designer. When we are need of help, you dust off your graphic, instructional and technical designer skills to help us. This time it is creating the program and assisting us during the webinar.

