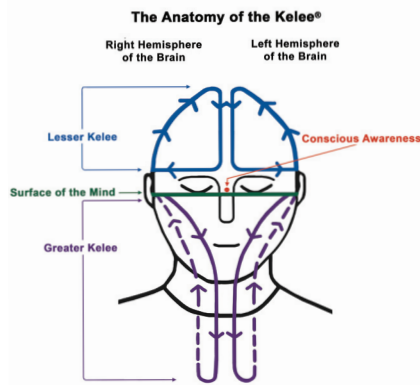


Kelee® Medicine Workshop

The Importance of Being Centered for Self-Care and Reducing Burnout
Saturday, February 25th, 2023



Kelee meditation can improve your experience as a healthcare provider including:

- Patient Care Challenges
- Administrative Burdens
- Work-Life Balance

Future Workshop: May 20th, 2023

In the world of Medicine, it is very easy for health care providers to be adversely affected by many stressors. Simply put, when you are stressed out by the negativity of the world and/or your own negative thoughts and feelings, you are pulled off-center. How do you find your center? Where is your center? Kelee meditation offers a simple 5 minute practice twice per day that allows you to find your center and learn to detach from the stressors that we all face every day, thus allowing us to care for ourselves and reduce burnout.

Activity Description:

The Kelee Medicine Webinar is a program designed for healthcare providers interested in reducing burnout, improving mental strength and self-compassion, and improving patient care and patient experience. Dr. Daniel Lee, Dr. Amy M. Sitapati, and our faculty will lead participants in lecture, panel discussion, and direct experience of Kelee meditation in small group sessions. Through the practice of Kelee meditation, healthcare providers will build self-compassion, mental strength, and detachment to reduce burnout, improve provider stillness of mind and patient experience of health.

Target Audience:

This course is designed for healthcare providers of all specialties and background, including primary care physicians, nurse practitioners, physician assistants, nurses, pharmacists, residents, students, and other healthcare providers wishing to improve self-understanding, self-compassion, and detachment from compartments so that they have an improved experience in the healthcare workplace.

Learning Objectives:

At the completion of the activity, participants should be able to:

1. Describe detachment from compartments with understanding the application to medicine and patient care.
2. Develop self-understanding of the importance of being centered via one-pointed stillness of mind to reduce burnout.
3. Apply Kelee meditation to improve patient experience.
4. Distinguish the difference between self-compassion and empathy.
5. Describe the Anatomy of the Kelee.
6. Describe the Basic Principles of the Kelee.
7. Practice Kelee meditation.

Location:

Live Internet Activity

Registration Information:

Early Bird Registration: \$75

(through February 8th, 2023)

Registration Fee: \$100

(starting February 9th, 2023)

Reduced Fee for Health Students/Residents/Fellows: \$20

If you have other considerations, please contact Nikki Walsh, nwalsh@thekelee.org.

Program Agenda:

- 8:30 – 8:45 a.m. Opening Welcome from Kelee Foundation
Nikki Walsh, MBA
- 8:45 – 10:00 a.m. Keynote Talk: How to Find your Center with Kelee Meditation D
Daniel Lee, MD
- 10:00 – 10:10 a.m. Break
- 10:10 – 11:40 a.m. Clinician Panel: Healthcare Provider Application of Kelee Medicine
1) Application to Patient Care - Sanjeev Bhavnani, MD
2) Application to Self-Care - Ankita Kadakia, MD
3) Application to Cancer Survivorship - Amy M. Sitapati, MD
- 11:40 – 12:30 p.m. Lunch
- 12:30 – 1:50 p.m. Breakout Sessions: Small Groups to Perform Kelee Meditation
with Q&A
Sanjeev Bhavnani, MD; D’Arcy Harley, MSW
Ankita Kadakia, MD; Daniel Lee, MD
Adrienne Padilla, PA-C, MS; Louis Sands, MBA
Frank A. Silva, MPH; Ron W. Rathbun
Amy M. Sitapati, MD; Nikki Walsh, MBA
- 1:50 – 2:00 p.m. Break
- 2:00 – 3:00 p.m. Conversation on "The Essence of Empathy and Compassion
as it Relates to the Practice of Medicine"
Ron W. Rathbun and Daniel Lee, MD
- 3:00 – 3:15 p.m. Closing Remarks
Nikki Walsh, MBA



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 Owen Clinic
 Clinical Director, Pacific AIDS Education and Training Center (PAETC) HIV Learning Network
 Director, Owen Lipid/Lipodystrophy Clinic
 UC San Diego Health



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 Deputy Public Health Officer
 Public Health Services
 County of San Diego
 Health & Human Services Agency



Ron W. Rathbun
 Founder of the Kelee®
 and Kelee Meditation
 President and Founder
 of Kelee Foundation

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Sign up at: <https://www.thekelee.org/kelee-medicine-workshop>

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