

It is the mission of St. John's College, Department of Continuing Education to provide excellence in continuing health education to support life-long learning & professional development for our constituents. Through continuing education requests from a variety of disciplines, the program, "Healing through Emotions" was designed. Dealing with emotions is foundational to personal and professional life. As a health care professional, knowledge and skills are essential to effectively deal with emotions.

Program Purpose

To build skill sets for health care providers dealing with emotions.

Learning Outcomes

At the end of the program, participants will be able to:

- Identify the consequences of disenfranchising emotions on professional practice.
- Recognize the process of enfranchising our emotions, the emotions of colleagues and clients.
- Relate a model for enhancing griever-friendly health care workplaces.
- Identify skills necessary to process emotions for healing.

Target Audience

Chaplains, pastoral care, funeral directors, nurses and social workers.

Contact Hours

- 6.5 CE contact hours will be available for funeral directors.
- 5.5 CE contact hours will be provided for chaplains, RNs and social workers.

St. John's College is an approved CE Sponsor by the Department of Financial and Professional Regulation under Section 1300.130 and 1300.230 of the Nurse Practice Act.

Participants must attend the entire program and turn in a completed evaluation form in order to receive the certificate of completion.

**Wear business casual. Space is limited.
Preregistration is recommended.**

Lodging

Overnight accommodations are available at the Chiara Center for \$44.75 per person (double) or \$62 (single). A limited number of rooms have been reserved. To make reservations, call (217) 523-0901.

Healing through Emotions

**Provided by St. John's College,
Department of Continuing Education
in cooperation with Illinois Funeral
Directors Association (IFDA)**

Friday, April 20, 2012

Chiara Center
4875 LaVerna Road
Springfield, IL 62707

For more information, visit
chiaracenter.org



St. John's College, Dept. of Continuing Education
729 East Carpenter Street
Springfield, IL 62702

stjohnscollegespringfield.edu



**Call (217) 544-6464, ext. 45444, or e-mail
continuinged@stjohnscollegespringfield.edu
for more information.**

Faculty



Harold Ivan Smith, D. Min, FT
Grief Specialist, Teaching Faculty
St. Luke's Hospital, Kansas City, MO



Carolyn A. Peck, PhD
Associate Professor Human Services
Department Chair
University of Illinois at Springfield



Paula Staab Polk, RN
Funeral Director and President
Staab Polk Memorial Home, Crema-
tion Services of Central IL
Paula Staab Polk Service Consultant,
Inc., Chatham, IL



Wesley Robinson-McNeese, MD
Executive Assistant to the Dean for
Diversity, Multicultural and Minority
Affairs, SIU School of Medicine
Springfield, IL



**Sister Chaminade Kelley, OSF
BSN, MSN, MRED**
Staff Nurse, Behavioral Health
St. Mary's Hospital, Decatur, IL



**Diana Weyhenmeyer, RN, BSN,
MA, OCN**
Oncology Facilitator
St. John's Hospital, Springfield, IL

Seminar Outline

- 8 a.m. **Registration**
- 8:30 a.m. **Welcome**
- 9 a.m. **Keynote speaker**
Harold Ivan Smith, D. Min, FT
"Healing through Emotions"
- 10:15 a.m. **Break**
- 10:30 a.m. **Breakout sessions**
1. Harold Ivan Smith, D.Min, FT
"When You Don't Know What to Say"
 2. Carolyn A. Peck, PhD
"Putting Your Mask on First"
 3. Paula Staab Polk, RN
"Working Together: Interprofessional
Aspects of End-of-Life"
- 12 p.m. **Lunch** (provided)
- 1 p.m. **Breakout sessions**
1. Wesley Robinson-McNeese, MD
"Diversity of Emotions"
 2. Sister Chaminade Kelley, OSF
"Nurturing and Support in Spiritual
Care"
 3. Diana Weyhenmeyer, RN
"Healing Faster Through Emotions:
an Evidence-Based Practice"
- 2:30 p.m. **Break**
- 2:45 p.m. **Panel discussion and Q & A**
"Expert Perspectives on Processing
Emotions"
- 4 p.m. **Adjourn**

The speakers and members of the planning committee report no apparent conflict of interest that could influence the content of this program.

Products and services do not imply endorsement by St. John's College.

Registration Information

Name _____

- Chaplain Pastoral Care
 Social Worker Nurse
 Funeral Director Lic.# _____
 Other _____

Address _____

City _____ State _____ ZIP _____

Phone _____

E-mail* _____

Dietary restrictions _____

For more information on breakout sessions, visit stjohnscollegespringfield.edu/dept-of-continuing-ed.html.

I will attend (select one) **10:30 a.m. session:**

- "When You Don't Know What to Say"
 "Putting Your Mask on First"
 "Working Together: Interprofessional Aspects
of End-of-Life"

I will attend (select one) **1 p.m. session:**

- "Diversity of Emotions"
 "Nurturing and Support in Spiritual Care"
 "Healing Faster Through Emotions: an Evidence-
Based Practice"

Course fee is \$100; \$125 after April 9. Registration the day of the seminar will be accepted as space is available. You may register online at stjohnscollegespringfield.edu or mail completed form and check payable to **St. John's College:**

St. John's College, Dept. of Continuing Education
729 E. Carpenter Street, Springfield, IL 62702

Refunds will not be available after April 9, 2012, but someone may attend in your place.

* Confirmation will be sent via e-mail.