



Presents

“Care of the Caregiver”

Raina Stinson, RN, BSN
Providence/St. Vincent Home Care

Sponsored by Signature Hospice and Avamere

Date: Monday, May 21, 2007

Time: 3:00-5:00 p.m.

Location:

The Pearl at Kruse Way
4550 Carman Drive
Lake Oswego, OR 97035

Directions and map on back

or call (503) 675-6055

Park in the church lot across the street

--1.0 CEU applied for from Board of Examiners of Nursing Home Administrators--

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• **If you plan to attend, let us know at “RSVP Now!” on the SPIN website*** •
• ***www.spinportland.org*** •
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*You may also sign up to receive e-mail reminders of meetings or unsubscribe from receiving reminders.

“Care of the Caregiver”

Are you stressed? Do you feel unappreciated and overworked? Do you suffer from decreased job satisfaction? Do you have a difficult time leaving your work at the office? Do you feel there is not enough time in each day to complete your work? Do you feel a loss of control over your life? Are you exhausted by the end of your workday? Learn how to:

- Recognize compassion-fatigue/professional burnout and the ways in which they negatively affect self-care and care of your clients.
- Understand the process of counter-transference/mirroring.
- Improve self-care, through heart-centered stress reduction techniques.
- Develop a deeper connection with your co-workers and clients, through improved self-care.
- Create a healing environment, by creating open-hearted and compassionate relationships.

Please Forward and/or Post This Invitation for Others Who May be Interested

SPEAKER:

Raina Stinson, RN, BSN, a mental health nurse and private practitioner, has been in the nursing field for over twenty years. She is also a graduate of the Jaffe Institute of Spiritual and Medical Healing, with a specialty in Parent and Family Healing. She is a survivor of professional burn-out and is passionate about sharing what she has learned about the importance of self-care. Through a heart-centered approach, Raina teaches caregivers and healthcare professionals how to care for themselves and manage stress. Through this process many have experienced decreased stress, increased job satisfaction and more meaningful interactions with their clients.

DIRECTIONS:

From I-5 Southbound: Take Kruse Way exit (#192), turn left onto Kruse Way. Go approximately one mile, turn left onto Carman Dr.; The Pearl will be on the right. ***Park in the church lot across the street.***

From I-5 Northbound: Take Kruse Way exit (#192B), turn right onto Kruse Way. Go approximately one mile, turn left onto Carman Dr.; The Pearl will be on the right. ***Park in the church lot across the street.***

MAP:

