

Mindfulness in Caregiving with Marguerite Manteau-Rao

Monday, June 17, 2013, 9:30 am to 4:00 pm
Unitarian Universalist Fellowship of Stanislaus County
2172 Kiernan Ave., Modesto, CA

This daylong is an intensive mindfulness-based caregiving training for professional and family caregivers. It is also appropriate for health care providers and anyone interested in gaining a better understanding of caregiving from a mindfulness perspective.

Learn how the practice of mindfulness can help you cope with the challenges and stresses of caregiving and also greatly improve the experience of the person in your care. Unlike other forms of training that are skills-based only and tend to be quickly forgotten, this approach results in sustained attitudinal changes aimed at benefiting care partners and their care recipients. This intensive daylong requires that you already have an established mindfulness practice or are willing to commit to starting one right after this daylong. (Note: there is a 4-week mindfulness course starting on July 7th in Modesto.) You will be rewarded with a transformative experience that will sustain you over the long course of the caregiving journey.

Care partners will learn to incorporate mindfulness practices into various care situations. You will also learn to understand and adapt to the reality of the experience of the care recipient.

Learning objectives for the day:

- Understand caregiver stress and challenges
- Understand mindfulness and its applicability to caregiver stress
- Understand how mindfulness can effect best care practices and improve patient care
- Apply mindfulness with special relevance to dementia care
- Apply solo mindfulness practices for caregivers
- Apply mindful practices for care recipients
- Apply an experiential model of care
- Apply mindful care practices
- Meet practice challenges and have ways to overcome them



Marguerite Manteau-Rao is the CEO of Presence Care Project, and Founder of the Mindfulness-Based Dementia Care Program (MBDC) at UCSF OSHER Center for Integrative Medicine. She was just awarded a 2-year research grant from the California Department of Public Health, in partnership with UCSF Institute for Health and Aging, to study the feasibility of MBDC training in assisted living. Marguerite is a clinical supervisor and new program consultant at Lakeside Park Senior Community and Catholic Charities CYO San Carlos Adult Day Program. She writes for the Huffington Post and is a frequent guest speaker at professional events and conferences. Marguerite is a Licensed Clinical Social Worker and Registered Art Therapist. She holds a Master in Social Work from Loyola University of Chicago, an MBA from University of Chicago, and an MS from Ecole Centrale de Paris.

CEs for psychologists are provided by The Spiritual Competency Resource Center which is co-sponsoring this program and is approved by the American Psychological Association to sponsor continuing education for psychologists. SCRC maintains responsibility for the program and its content. SCRC is a California Board of Registered Nursing Provider (BRN) and a Board of Behavioral Sciences Provider (BBS). For questions about CE contact, visit www.spiritualcompetency.com or contact David Lukoff, PhD at david.lukoff@gmail.com or (707) 763-3576.



This day is freely offered to all by Insight Meditation Central Valley. If you wish to obtain CEUs, there is a \$15 administrative fee that should be made payable to SCRC. Donations are gratefully accepted to support Marguerite Manteau-Rao and Insight Meditation Central Valley. Please bring a vegetarian potluck dish to share for lunch, if you would like. For additional information, please contact Lori Wong at 209-343-2748 or visit <http://imcv.org>