



MINDFULNESS- BASED SUPPORT GROUP FOR HEALTHCARE PROFESSIONALS

VIRUTAL SUPPORT DURING COVID-19



“Love and peace of mind do protect us. They allow us to overcome the problems that life hands us. They teach us to survive, to live now, to have the courage to confront each day.” Bernie Siegel, M.D.

A FREE online Mindfulness-based support group for healthcare professionals treating COVID-19 patients.

Group Schedule

Tuesdays 12:00 noon - 1:00 p.m.

Starts Tuesday April 14th and ends June 2, 2020

Group Link

<https://global.gotomeeting.com/join/995148621>

Program components

As a healthcare provider treating patients with COVID-19, we honor and respect the incredible challenges you are experiencing and recognize that support may be needed to cultivate a steady heart and balance the stress and demands you are experiencing. The psychological stress can be overwhelming and often needs your attention. Please join us for this free online mindfulness support group.

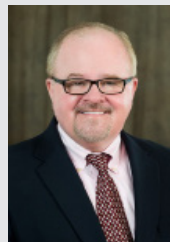


Meet the Presenters



Christopher O'Reilly, MA, LPC is the Executive Director of Breakthrough and Family Services. He joined Caron Treatment Centers in 2004 and has held numerous clinical positions within the organization. He is also an adjunct professor at Alvernia and West Chester University.

Christopher obtained his Master of Arts degree in Clinical Counseling from Alvernia University. He is also a Licensed Professional Counselor and holds several certifications that are pertinent to his role as an addiction professional.



William J Heran, PhD, LCSW is the co-founder and Chief Executive Officer of Providence Treatment. Dr. Heran holds a Ph.D. in Clinical Social Work from Smith College and a Master in Social Work from New York University and has over 30 years as a clinician, researcher, author, educator, spiritual advisor and program developer. He is a former Jesuit and continues to integrate spirituality into his work and programming at Providence Treatment. He has

worked with professionals for many years and serves as an evaluator for State Licensing Boards, State Boards of Medicine, Pharmacy and Nursing. He also is HIMS-program trained and treats private and commercial pilots.

Dr. Heran is a certified SAP evaluator for U.S. Department of Transportation and works closely with employers' EAPs and worked as the behavioral health consultant for Lewis Katz School of Medicine at Temple University.