

You are invited

to attend the Spring 2015 event
of the Wellness Grand Rounds
series, sponsored by the Campus
Council on Faculty Life

The Rhythm of Change: Adapting to new professional realities with mindfulness and purpose

Presented by:

Helge Osterhold, PhD, MFT

Thursday, June 4
3:00–4:30 pm

Mission Hall MH1401/1402
Mission Bay Campus



Dr. Helge Osterhold is an educator and psychotherapist. He is the founder and coordinator of the staff support program at UCSF Benioff Children's Hospital, and Co-Chair of the BCH C.A.R.E. Committee (Culture of Appreciation, Recognition and Excellence). He teaches on topics that touch on the intersection of psychology, spirituality and medicine at UCSF and California Institute of Integral Studies. Helge has a private psychotherapy practice with a focus on life transitions and recently published his first book *The Body's Code – Synchronicity and Meaning in Illness and Injury*. Dr. Osterhold has recently been instrumental in supporting the School of Nursing leadership team and faculty transitioning to Mission Bay.

Adjusting to changing environments can be exciting but may also be often stressful. This is particularly true of “big” life changes and those that are outside of our direct control. While the opening of the Mission Bay Hospitals has been an exciting event for many reasons, these changes have placed new demands on faculty – for those who have moved to this new setting and who must let go of what is familiar, but also for those who have been “left behind.”

Using lecture, reflection and dialogue, this session will offer an opportunity to:

- Understand some key psychological components of dealing with change
- Learn simple and effective mindfulness techniques to engage with changes
- Understand how to minimize unnecessary distress related to change
- Gain insight on personal factors that help or hinder adjusting to changes



Please pre-register at
tiny.ucsf.edu/WGRjune4

For additional information, contact Irené Merry at irene.merry@ucsf.edu or 415/502-0244



CAMPUS COUNCIL ON *Faculty Life*

Wellness Grand Rounds