



CASEY HOUSE  
inspired HIV/AIDS care

## Casey House HIV/AIDS and Mental Health: The Series

*capacity building, knowledge exchange and education for health care professionals and HIV/AIDS service providers*

**12:00-1:30 pm at the 519 Church Street Community Centre.**

**Pizza is provided. Registration is required, please email [registration@caseyhouse.on.ca](mailto:registration@caseyhouse.on.ca)**

**Thursday, May 28, 2015**

### **Mindful Self Compassion for Health Professionals**

**Rachael Frankford**

As health care workers we are drawn to our profession through a great desire to help others and relieve suffering. While we are skilled at providing compassionate support to others, many of us are less skilled at offering compassion to ourselves. This talk will explore the concept of mindful self compassion and how it can help prevent burnout and the effects of chronic stress in the workplace. Through experiential practices and brief guided meditations we will learn how we can develop the skill of self compassion as a way of being more present and relaxed in our work lives.

**Rachael Frankford** is a psychotherapist/social worker working at St. Michael's Hospital in the Department of Psychiatry and in private practice. She specializes in mindfulness based interventions for mental health and working with groups. In 2013 she received a Bell Mental Health grant, which helped her to create the Mindful Awareness Stabilization Training program (MAST.stmichaelshospital.com).

**Program Director:** Dr. Adriana Carvalhal, Consulting Psychiatrist, Casey House; Assistant Professor, Psychiatry, Health & Disease, University of Toronto; Director, Medical Psychiatry Consultation Service, St. Michael's Hospital  
**Program Lead:** Maureen Mahan, RN, MEd, Education Development Coordinator, Casey House

Casey House is a specialty hospital with community programming including home care and outreach programs. Founded in 1988, our commitment is to provide compassionate health care to people living with and affected by HIV/AIDS.

If you require extra assistance or have any special requirements please let us know when registering to ensure we can make every effort to accommodate these requests.

