

*Health Officers Association of California (HOAC)
California Conference of Local Health Officers (CCLHO)
California Department of Public Health (CDPH)*

**Achieving Health Equity Through Public Health Practice
Fall 2015 Semiannual Meeting
October 15-16, 2015**

Agenda for October 15-16 available at:

https://www.cdph.ca.gov/programs/cclho/Documents/Semiannual_Agenda_CME_Oct_15-16_2015.pdf

Thursday, October 15

OPTIONAL INTERACTIVE ENLIGHTENMENT SESSION:

***PRACTICING MINDFULNESS AND COMPASSION IN THE INTEREST OF OURSELVES,
OUR WORK, AND THE WORLD***

Facilitator: Eric Handler, MD, MPH, Health Officer, Orange County

5:30 to 6:30 pm LECTURE AND FACILITATED DISCUSSION ON MINDFULNESS

**“Where Are My Feet?” Learning and Practicing Mindfulness and Compassion in the Interest
of Ourselves, Our Work and the World**

To the uninitiated, the practice of mindfulness meditation can appear to be a solitary, self-involved, or even self-indulgent practice that is separate from active engagement in the world. Attendees will learn experientially that nothing could be farther from the truth, in that the practice of mindfulness (through seated meditation, gentle yoga, and other mindfulness practices) is a means of cultivating a wakeful, accepting and engaged stance with everything in our lives. Mounting empirical evidence supports the power of this practice to promote wellness, contend with pain and suffering, and to enhance qualities like attention, focus, productivity and communication. Exercises and practices will be introduced to give people first-hand experience of mindfulness itself and how it can impact our experience of our minds, our emotions, our relationships and our work. Attendees will leave with a sense of how mindfulness and compassion are being taught in clinical, educational, community and corporate settings, with surprisingly positive and transformative benefits.

Dr. Steven Hickman is a clinical psychologist, Executive Director of the UC San Diego Center for Mindfulness and an Associate Clinical Professor in the UC San Diego School of Medicine. Dr. Hickman is a recognized authority on mindfulness-based programs and teaches and trains around the world in a variety of settings to professionals of all sorts.

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