

CARING FOR THE CAREGIVER

STUART PIMSLER DANCE & THEATER

CO-DIRECTORS SUZANNE COSTELLO & STUART PIMSLER

presented by

**The Center for Arts in Medicine, University of Florida
Mayo Clinic Lyndra P. Daniel Center for Humanities in Medicine,
Jacksonville, Florida**

May 16-17, 2015

A workshop for professional and home healthcare providers



CARING FOR THE CAREGIVER™

Inspired to provide caregivers with a creative outlet for the stresses of their profession while cultivating greater communication and understanding, Suzanne and Stuart developed their program, Caring for the Caregiver™. Since its inception, SPDT has presented these programs throughout the United States, Canada, Israel, Russia, Taiwan, Bermuda, and Mexico. The participants from across the globe represent a broad cross-section of the healthcare community including physicians, nurses, medical students, hospice staff, social workers, therapists, counselors, and home healthcare providers. By exploring the power of touch and movement to help people communicate and connect with others,

these workshops seek to foster stronger relationships and understanding among teams of staff members as well as between caregivers and their patients. Through the integration of movement and voice, memories and stories, participants explore ways to express feelings associated with their profession. Caregivers are encouraged to share their personal stories and reflections on how they provide support in their daily work. Together they explore a series of improvisational movement and writing exercises at their own level of skill and comfort. No prior movement experience is required.

“As a participant, I personally saw my staff and myself increase our trust and strengthen our team. Through the integration of mind and body; movement and voice, and memories, we were able to explore new ways to express our feelings associated with our work in healthcare. We were able to participate in activities in the workshops that gave rise to a recognition of the power of touch and movement as a means of communicating with each other and ultimately with our patients.”

Patricia Torrington, R.N.
Director, Tucson Medical Center
Hospice Services

“The work has touched our lives in ways that lift our spirits and bodies to the benefit of ourselves and others for whom we care.”

Scarlott Mueller, Assistant Director of Nursing
HCA-North Florida Regional Medical Center

***Caregivers rediscover the importance of
their daily work and the powerful
impact of their collective community.***

**Mayo Clinic, Jacksonville, FL
Kinne Auditorium**

\$335 registration

\$235 special registration

for UFHealth Shands Hospital and
Shands Hospital Jacksonville Nurses

*Greatly reduced registration for Mayo Clinic
staff and affiliates

<http://www.arts.ufl.edu/cam/>

