

## 2022 MNA Convention Session & Speaker Information



### Gloria Donnelly PhD, RN, FAAN

Session Title: *Humor and Healing in Clinical Care*

Session Description: Recent research has focused on the benefits of humor in clinical care and in healing processes. Types of humor and their potential for use in the care of patients, families and self are illustrated for the clinicians consideration in promoting health and healing.

Speaker Bio: Dr. Gloria Donnelly is a proponent of self-care and resilience building strategies beginning with her book, *Coping with Stress: RN's Survival Sourcebook* Medical Economics Press, 1983 and most recently, with Dr. R. Wicks, *Overcoming Secondary Stress in Medical and Nursing Practice*, Oxford University Press, 2021. As Editor in Chief of the refereed journal, *Holistic Nursing Practice*, she encourages the practice of holistic self-care modalities to nurture mind, body, and spirit. Dr. Donnelly earned a BSN from Villanova University, an MSN from the University of Pennsylvania with an emphasis in psychiatric nursing, and a Ph.D. in Human Development from Bryn Mawr College. She is author of seven books and the winner of two American Journal of Nursing Book of the Year awards. Dr. Donnelly is also Dean Emerita and Professor Emerita, College of Nursing and Health Professions, Drexel University, Philadelphia, PA and a Fellow in the Academy of Nursing.



### Eric Arzubi MD

Session Title: *Burnout: Prioritizing Mental Health and Your Career*

Session Description: It's well known that work related stress can lead to burnout for anyone. Even before the COVID-19 pandemic, burnout was especially present among healthcare workers. Hear from expert psychiatrist, Dr. Eric Arzubi, on how to prevent, manage, and even reverse burnout in yourself or among your team, all without giving up on your career. This session is for anyone who wants to go deeper than your traditional "burnout"

workshop, gaining a better understanding of the real mental health impacts that burnout can have on you and your colleagues. Participants will leave the session with real-world tools and tips for addressing, and even preventing, burnout in the healthcare workforce.

Speaker Bio: Dr. Arzubi co-founded Frontier Psychiatry in 2019 to introduce an accelerated, more aggressive response to Montana's growing mental health crisis. He served as Chair of Psychiatry at the Billings Clinic from 2014 to 2019, during which time he led the creation of Montana's first psychiatry residency training program and the launch of Montana's first EmpATH Unit, a service dedicated to providing timely care to individuals in crisis. In 2020, the Montana Medical Association presented Dr. Arzubi with one of its top physician awards, the Doctor Jack McMahon Service to Montana Physicians Award, for his contributions. Dr. Arzubi is currently an Assistant Clinical Professor at the Yale Child Study Center. He has proudly served as President of the Big Sky Regional Council of Child and Adolescent Psychiatry and as a board member of the School-Based Health Alliance. Dr. Arzubi is board certified in general psychiatry and child/adolescent psychiatry.



### Andrea Chatburn DO, MA, HEC-C

Session Title: *Building Moral Muscle: Creating a Culture of Ethics*

Session Description: Must we have moral courage? What does it take to speak up for safety, ethics, and diversity? Participants will explore skills in building moral muscle which will aid in creating an ethical environment of care in the spaces and places of work.

Speaker Bio: Dr. Andi Chatburn is the Sr Director for Ethics serving Providence in the Washington Montana Region. She values her training and work as a Palliative Care physician and lives with her husband and two dogs in Spokane, Washington. Dr. Chatburn seeks opportunities for “standing in the gap” of uncertainty in clinical questions ranging from beginning to the end of life, leaning in to curiosity and cultivating relationship while exploring questions of ‘how we ought to be with one another in community’ as we seek to address the challenges of promoting health for a better world.

### Christina Stern MSW, LCSW, OSW-C

Session Title: *Choose the Lesser Suck: Navigating Interpersonal and Professional Boundaries*

Session Description: This is not a typical presentation about Boundaries, what they are and how to have them. Boundaries are not always cut and dry. Boundaries can be challenging to navigate in healthcare, especially when we come from a place of “caring.” Today we will look at boundaries from a more personal perspective and how sometimes we run into boundary challenges due to our own value systems, internal needs, or unmet needs.

Speaker Bio: Tina Stern, MSW, LCSW, OSW-C earned her Bachelor of Psychology from Carroll College in 2004 and her Master of Social Work from University of Montana in 2010. Tina has worked extensively with children, adolescents, adults and families over the past 12 years. She joined St. Peter’s Health Cancer Treatment Center in 2016 after working in Behavioral Health for six years. She joined St. Peter’s Health People Health & Wellness team in 2021 to provide staff with onsite behavioral health. She provides staff with support and education on fostering psychological resilience, navigating interpersonal and professional boundaries, offer evidence-based debriefings after a stressful patient-related event and addresses multifaceted behavioral health barriers through program development.



### Christina Borst DNP PMHNP APRN

Session Title: *Trauma Informed Care, What does that REALLY mean?*

Session Description: We've all heard of trauma informed care, but what does that really mean and how do you incorporate that into your practice? You'll learn how nurses assess and care for patients with past trauma. Which screening tools assess for trauma. The 6 principles and the 4R's of trauma. How does the Polyvagal Theory work with trauma informed care? Ideas for how we can improve the practices of our organizations. You'll also learn how you can work with the existing models to provide more trauma sensitive care and how to

advocate for changes.

Speaker Bio: Chris is currently an Assistant Clinical Professor at Montana State University Mark & Robyn Jones College of Nursing on the Great Falls Campus. She teaches undergraduate Psychiatric Nursing and graduate courses. She also has a private Psychiatric Nurse Practitioner practice in Choteau, MT. She

started her nursing education at the campus where she currently teaches. She worked in a level I Trauma Hospital in Arkansas for 3 years then returned to Montana and worked in the ICU of a local hospital. During that time, she helped orient new nurses to the ICU and precepted multiple students. In 2015 she returned to MSU as a clinical instructor and began her graduate program through Gonzaga. Upon completion of her DNP, she opened her practice in 2020. She cares for many individuals who have experienced traumas in the past and would like to share her knowledge and experiences with you.