

# THE SYSTEMS VIEW OF HEALTH

self-regulation, growth & interconnection

## A 10-Hour Continuing Education Program for Health Professionals ON-CAMPUS In Collaboration with Mercy Center Auburn Retreat & Conference Center

The systems view of health expands the understanding of well-being beyond the homeostatic focus on mechanisms by placing health and disease on a continuum and considering individuals within their biopsychosocial contexts.

This program introduces foundational neurobiological principles that impact individual and interpersonal resilience and provides practical skills based in positive psychology, cognitive behavioral therapy, and mindfulness practice that support the brain-body system's natural capacity to heal and to anticipate new challenges. Areas of focus include...

- ⇒ Defining Health and Resilience
- ⇒ Physiological Resilience
- ⇒ Cognitive Resilience
- ⇒ Interpersonal Resilience



### PROGRAM FACILITATORS

*Jessica Del Pozo, PhD* is a clinical psychologist who has worked in medical settings for the past 20 years. She has established and directed several functional pain management programs in physical medicine and gastroenterology, as well as provided integrative care within cardiology and primary care settings at Kaiser Permanente, the University of Miami, and Chapa De Indian Health. She has studied biopsychosocial interventions for cardiovascular disease at Scripps Center for Integrative Medicine, and has taught hundreds of workshops on various topics for patients and clinicians.

*Kevin M. Gallagher, JD, MS*, is an attorney, author, and experience facilitator. He is the Director of Emergent Resilience, a non-profit organization that helps individuals and organizations build resilience through educational and experiential workshops, seminars and retreats. Kevin has trained with the Sati Center for Buddhist Studies, the Center for Council, and the Work That Reconnects. Kevin has guided wilderness adventures on six continents, and is the author of *Hike the World*, and the forthcoming *Climate Rite*, an exploration of the emotional and psychological impacts of a climate changed world.

These teachings are appropriate for healthcare professionals as well as the general public.

Healthcare professionals can incorporate the tools and practices offered in ways beneficial to clients or patients.

**October 29-31, 2021**

Friday (6:00pm to 9:00pm)

Saturday (9:00am to 5:00pm)

Sunday (9:00am to 11:00am)

**\$445 resident/\$300 commuter**  
(*\$75 non-refundable deposit*)

**(add \$50 for CE credits)**

For information on CE credits and registration visit: <http://www.mercycenter.org/continuing-education-program>

This course will be held on-campus at Mercy Center Auburn, 535 Sacramento Street, Auburn, CA 95603  
If you have questions regarding accommodations, please contact Robin Lionello at 530-887-2019 for more information.