

Come to the beautiful Black Hills
for an informative,
refreshing week of training.

**Healthy CHRs,
Healthy Patients
Registration**

⇒ September 13-17, 2004
\$500 for all 5 days

Yes! Sign me up for all five days!

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Rooms blocked at the Rushmore Holiday Inn
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Missouri Breaks
Training presents..

**Healthy CHRs,
Healthy Patients**

A training for the body,
mind, and spirit.



Rushmore Plaza Holiday Inn
Rapid City, South Dakota
September 13 –17, 2004

Missouri Breaks Training

605-865-3418

Healthy CHRs, Healthy Patients

September 13 - 17, 2004

Sessions:

Avoiding CHR Burnout

- Being on call 24/7
- Taking Care of Yourself First
- Take Time to Laugh
- Build your own Support System

Grieving

- 4 Areas of Loss
- Normal Reaction to Loss
- What to do When a Loss Happens
- Things to do After a Loss
- Things not to Say After a Loss
- Support Groups

Patient Mental Health

- Depression
- Anxiety
- Trauma (historical, physical abuse, sexual abuse, family violence, alcohol abuse)
- Health Disparity
- The Healing Journey

Prevention of Suicide

- Assessing Local Risks
- Networking with the Right People
- Responsibilities of CHRs

Saying What You Mean, Meaning

What You Say

- Body Language
- Tone of Voice
- Words not to Say
- Active Listening

Cardiovascular Disease and Obesity

- Implications of Cardiovascular Disease
- Caring for Patients

Panel Discussion—Modern Medicine and Traditional Values

Research in Indian Country

- Benefits to the Community
- Insuring Accountability of Researchers

Lakota Traditions

- Values of the Culture
- Ceremonies
- Religion



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A Native American owned company.

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Telephone: 605-865-3418
Fax: 605-865-3617
Email: lbickel@mbiri.com