

## **SESSION DESCRIPTION AND BIO FOR LISA PATTERSON RATERMAN**

### A Taste of Mindful Self Compassion

(NOTE: The Mindful Self-Compassion program that was developed by Drs. Kristen Neff and Chris Germer is a 28-hour program with daily Home Practice for the duration of the 8 week programming.)

I will demonstrate 3 skills that will support the practitioner to sustain real compassionate care for patients in the face of competing demands like technology and documentation, time pressure, patient trauma and personal fatigue. Burgeoning research is showing that self-compassion skills can be of particular benefit to health care professionals, allowing them to experience greater satisfaction in their care giving roles, less stress, and more emotional resilience. The good news is that self-compassion skills are learnable, transferable and build your capacity to handle stressful challenges.

I will offer an introduction to the 6-hour “Self-Compassion Training for Healthcare Communities” which is an adaptation of Mindful Self-Compassion, the empirically supported program of Dr. Kristin Neff as UT Austin and Dr. Chris Germer at Harvard Medical School. This training aims to improve the well-being and personal resilience in healthcare professionals by teaching mindful self-compassion skills to deal with distressing emotional situations as they occur at work and at home.



**Lisa Patterson Raterman, RN, BSN, CCRN, Founder/CEO**

**Working Mindfulness LLC**

**2424 N. Burling Street**

**Chicago, IL, 60614**

**Current Professional Role:** Developed Working Mindfulness LLC in 2016 to teach and promote Mindfulness and stress reduction. Mentor and instruct participants in Mindfulness techniques, strategies and empirically studied methods to navigate life more skillfully. Client population age range from 14- 95 years old in multiple settings included and not limited to Universities, Medical Centers, Corporate Office Settings, Private Practice, Summer Camps, and Church groups. MBSR Instructor<sup>®</sup> through Brown University, Mindfulness Center, College of Medicine, pending. Teach MBSR the 8 week, 2 ½ hour classes with 7.5 hour Retreat Day that follow the exact protocol established by Jon Kabat-Zinn at the University of Massachusetts Center for Mindfulness. Developed and wrote my unique teaching materials, copyrighted, including guided audio recordings. Recruited to teach MBSR at DePaul University Wellness Center, Sponsored by the School of Nursing. I recruit, screen and teach all participants. I am an Adjunct Professor at DePaul University where I developed and teach “Mindfulness and Meditation to Reduce Stress” a 2 Credit Hour program offered through the College of Education, Kinesiology at DePaul University. I provide a 2 hour stress reduction program to Corporate clients, that I tailor to their needs. I have a private client base that I teach the 8 week MBSR program, and individual Mindfulness programs to clients in my Working Mindfulness studio located in the Lincoln Park neighborhood of Chicago, IL. I

am also trained professionally through the University of California, San Diego, College of Medicine. I completed the certification through the Center for Mindful Self-Compassion and I teach MSC<sup>®</sup>, an 8 week, 2.5 hour program. I completed the certification to teach MSC to Health Care Professionals, a proven method to treat “Burn-out” in the Healing Professions. I began this Mindfulness journey after being struck by a virus which affected my heart, specifically my pericardium in 2011, and suffered heart failure. I am fully recovered and my cardiologist attributes my health to my meditation practice. I have maintained my Registered Nurse License in good standing since first being licensed in 1981.

### **Other Professional Experience: Listed Chronologically**

#### **Most Recently: Registered Representative and Financial Advisor.**

**GSV Financial Group: Managing Director 2010-2012.** Worked with my husband and other partners in the financial field to provide Alternative Investments to Qualified Investors.

**InterOcean Financial Advisors: 2006-2010.** Again, worked with my husband as we developed our own BD/RIA. Worked alongside advisors and other partners to develop new clients. Conducted discovery meetings to discern clients’ financial goals and objectives. Created financial plans from inception to implementation, rebalanced wealth management portfolios. Provided tax, insurance, Social Security, retirement, education funding, estate and investment planning.

#### **Oppenheimer Inc., Omega Group 2004-2006 Registered Representative and Financial Advisor**

Provided that same work as at InterOcean Advisors. Built and actively managed a book of business including high net worth individuals and families. Developed new business opportunities through external networking and referrals. Continued work in all areas of Wealth Management Advising.

**Certes Capital LLC 2001-2004 Registered Representative and Financial Advisor.** Provided all aspects of Wealth Management to individuals and families. Working alongside Estate Planning Attorneys, Financial Planners and Portfolio Managers to recruit and serve clients.

**1996-2001 Stay at Home Mom** for a daughter and a son. Volunteered at local church and at my children’s pre-school and early grade school. Developed programs that are still viable and serve the community over 25 years later.

**Osteotech, INC. 1991-1996 Senior Medical Device Sales Representative:** Responsible for selling a large variety of capital, disposable, and implantable products to a wide range of Surgeon Specialties including Neurosurgeon, Orthopedic, Spinal, Sports Medicine and General Surgeons. Developed and maintained customer base in a 5-state region, including Chicagoland, and Illinois; all of Wisconsin, including Madison and Milwaukee; Minnesota, including the Mayo Clinic and Minneapolis, all of North Dakota and South Dakota. Ginned up business, closed the sale, provided “en Suite” Operating Room instruction and consult for use of the product use to surgeons, residents, and OR Nurses. Responsible for all aspects of product use, including fielding all questions and complaints. Worked with AORN, American Operating Room Nurses in-service accreditation, to provide approval for 1.0 Contact Hour while at Osteotech, Inc. President’s Club year over year.

**Becton Dickenson Vascular Access: 1988-1991 Sales Representative** for leading manufacturer of intravenous and central venous access devices focusing on physician and nurse clinician needs. Secured new business in long confirmed competitive accounts. Responsible for training all personnel on any

product I sold. Providing in-services on all shifts and to all departments when the Medical Center converted to BDVA products. Trained staff in ED, ER, OR, IV Teams, Cardiac Units, Med-Surg, Peds, All ICU. Provided all customer follow-up and worked with any product recall. Responsible for all pricing and contract negotiation. Responsible for Dealer Relations. President's Club year over year.

**Nursefinders 1987-1988:** Sales Representative and Director of Nursing for temporary nursing agency providing 24 hour nursing services for Home Health and Intensive Care Units. Supervised 200 RN's, 50 LPN's, 50 CAN's. Provided inservices and conferences with CEU credit. Solely responsible for 2.5 million in outside sales.

#### **Medical Center Experience: Intensive Care Nurse**

#### **Children's Memorial Medical Center, affiliated with Northwestern Memorial Medical Center 1985-1987**

**Flight/Outreach Nurse:** Stabilized and transported critically ill pediatric patients to Children's via helicopter, fixed wing, and ambulance. Promoted quality through dual role of teaching and clinical practice. Coordinated and lectured at conferences and seminars discussing clinical and technical aspects of patient care to physicians, nurses, respiratory therapist, paramedics and lay people. Marketed Stabilization services to outlying facilities for the intent of patient referral to the institution. Selected to serve on staff retention and in-service committees. I have trained physicians, nurses, physical therapists, pharmacists and respiratory therapists in Cardiopulmonary Resuscitation (CPR), Advanced Cardiac Life Support (ACLS), Advanced Trauma Life Support (ATLS), and Pediatric Advance Life Support (PALS).

**Rush Presbyterian St Luke's Medical Center 1984-1985:** Registered Nurse in Pediatric Intensive Care. Responsible for patient care requiring intensive care due to massive trauma, cranial injuries, or critical post-operative status. Charge Nurse. Mentor, oriented fellow nurses to intensive care nursing. Member of transport team to transfer emergency cases to Rush.

University of Iowa Hospitals and Clinics 1981-1984: Registered Nurse in Pediatric Intensive Care.

Provided acute care to open heart patients, hemodialysis, and ventilator dependent patients. Charge Nurse. Developed and presented health care conferences. Research Assistant for Dr. Jo Eland.

**Education:** Certified MBSR Instructor Brown University College of Medicine, pending, completing 22 hours of direct supervision with mentor. Qualified MBSR Instructor, University of California, San Diego, School of Medicine, Completed 22 hours of direct supervision with mentor. Trained Teacher, Center for Mindful Self-Compassion 45 hours supervision and 8 week, 2.5 hour MSC class taught on-line.

University of Iowa College of Nursing: Bachelor of Science, December 1980. GPA 3.75.

Graduated with Honors.

**Organizations:** Board of Regents, Saint Ignatius College Preparatory High School, Chicago, IL

Creighton University Parent Advisory Board, a division of outreach and development  
UCAN, Therapeutic Youth Home. Fundraising and support via St Pauls, Lincoln Park  
Juvenile Diabetes Research Foundation, fundraising and support.