



Join us!

at the
Center for Contemplative Studies



Saturday Seminar

Mindfulness and Medication Management With Psychiatric Clients: Does it Matter?

February 20, 2021 • 10:00 am – 12:00 pm • Delivered via Zoom



Chris Moriconi is a retired professor from the West Chester University nursing department and former co-director of the Center for Contemplative Studies. Recently graduated from PENN as a Psychiatric NP (2018). She now combines over a decade of experience as a licensed clinical psychologist with the role of NP, at the Light Program, a partial hospitalization program for adolescents, acting from an intrinsic belief that mindful healing is a holistic, collaborative, and radically honest practice. She notes, "This belief defines who I am as a whole human being. This is who I bring to you."

For many health care providers, finding time to develop a relationship with clients can be seen as an unnecessary and difficult process. However, research points to the therapeutic relationship as pivotal to mental health recovery.

This dilemma can be navigated with a mindful presence and way of being towards clients. This presentation will present both research evidence and clinical examples that demonstrate how therapeutic mindful presence with patients within the constraints of a 20-minute medication management visit can effectively promote client adherence to treatment.

Participants are encouraged to bring their own clinical examples and questions to enhance this discussion of applied mindfulness in clinical settings.

Registration is Free w/ WCU ID card, 5\$ for faculty, \$20 all others.

[Register HERE](#)