



The Peer Workforce Supportive Services Program is offering a FREE Luncheon event:

## **Burn Out in Mental Health: How to Cope and Rebound**

Join us to learn about topics such as...

How to Avoid Burning Out  
Workplace Stress Management  
How to Best Support Coworkers  
...and more!

Includes Lunch, Presentation, and Q&A

**SEPTEMBER 17<sup>TH</sup>**  
**12:00-1:30PM**  
**LOCATION TBD**  
**(SAN FRANCISCO)**

RSVP by September 1<sup>st</sup>  
[MeghanF@SFsuicide.org](mailto:MeghanF@SFsuicide.org)

## **KATHERINE EISEN, PHD**

Dr. Eisen is a licensed clinical psychologist who specializes in working with individuals with serious mental illness. She has worked with adults on the acute inpatient psychiatric units at Stanford University Medical Center. She is a Clinical Assistant Professor (Affiliated) in the Department of Psychiatry and Behavioral Sciences at Stanford University. She received her bachelor's degree from Cornell University, and received her master's and doctorate degrees from the University of Connecticut. She completed her postdoctoral work in behavioral medicine at Stanford University and worked briefly at Kaiser – South San Francisco before returning to Stanford for the position she currently holds. Areas of interest include using Cognitive Behavioral Therapy and mindfulness based approaches to help individuals cope with the symptoms of serious mental illness, challenging stigma around mental health, and encouraging a recovery oriented approach to living with mental illness.

**Brought to you by San Francisco Suicide Prevention**