

Support Group for Nurse Practitioners

Facilitated by
Dan Rubin, PsyD



- * Improve communication and problem solving with “difficult” or “demanding” clients.
- * Learn clinical skills to become more present, empathetic, attentive, precise, and kind.
- * Develop strategies to cope with stress, grief and loss, anger towards clients, compassion-fatigue, and other challenges of working in the healing professions.
- * Benefit from self-care exercises, consultation, and peer support.

This educational support group will meet once a month, time and place to be determined.

Each meeting will be 1-1/2 hours and the fee is \$50.
Space is limited to 8 participants.

Meetings are held at Dr. Rubin's office:
2304 E. Burnside St. #103
Portland, OR 97214

For more information, contact Dr. Rubin at
503-894-3068 or
danrubinpsyd@gmail.com.

Dan Rubin, PsyD, is a licensed clinical psychologist in private practice and an adjunct professor of psychology at Maitripa College where he teaches courses on the intersection of Buddhism and Psychology. Dr. Rubin specializes in mindfulness-based psychotherapy and leads support groups for health care professionals.