Can mindfulness promote the well-being of LGBTQ people?

Dr. Shufang Sun will share from her clinical and research experiences on the promises and potential pitfalls of mindfulness-based interventions for sexual minority health.

Wednesday, February 17th, 4:00 pm-5:00 pm
Register via Zoom
https://bit.ly/3t5kvOG
Dr. Shufang Sun is a counseling psychologist and an Assistant Professor whose research focuses on understanding stigma and stress-related mechanisms contributing to health disparities, as well as the use of mindfulness-based interventions among historically marginalized populations through evidence-based, culturally-responsive, technology-assisted approaches. Dr. Sun's K23 career development award aims to adapt Mindfulness-Based Stress-Reduction to develop an Internet-delivered HIV prevention strategy to promote the sexual and mental health of sexual minority men. She is also a co-investigator on several NIH-funded awards focusing on (1) HIV prevention globally, as well as (2) understanding biological mechanisms through which mindfulness training may be capable of addressing the adverse impacts of early life stress.

Shufang Sun, PhD
Brown University School of Public Health
Diane Frankel-Gramelis, MS, Wellness Counselor (non-clinical), has built her career as a health educator with both students and patients. She has continued her lifelong learning through certifications as a Childbirth Educator/Doula (CCE), Integrative Health Coach (IHC), Patient Navigator (PN), and Certified Community Herbalist (CCH).

Diane Frankel-Gramelis, Yale School of Public Health