

**MHEI**

*Helping to build a better healthcare system*



## *Bullying Among Nurses:*

How Relational Aggression Can Turn the Environment Toxic,  
Hurt Your Health, and Skyrocket Your Stress

Thursday, April 1, 2010

Registration 8:30; Program 9:00am – 3:30pm  
MHA Headquarters, Elkridge, Maryland

This one-day workshop will introduce the concept of relational aggression in the hospital setting and explore why nurses often struggle to have cooperative rather than conflicted relationships. Interactive activities and problem solving exercises will help explore what can be done to help turn toxic environments into therapeutic workplaces.

Upon completion of this workshop, participants will be able to:

1. Describe relationally aggressive bullying behaviors that occur between nurses
2. Discuss possible reasons for occurrence of these negative behaviors in the workplace
3. Synthesize three strategies to use when bullying and relational aggression occur

Faculty:

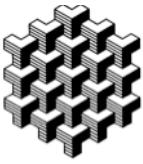
Cheryl Dellasega earned her Ph.D. in health education and counseling, and has worked clinically as a nurse practitioner. She is an expert on relational aggression (RA), a form of bullying used by females. She is the author of five nonfiction books on issues affecting women: *Forced to be Family* (Wiley, 2007), *Mean Girls Grown Up* (Wiley, 2005), *The Starving Family* (Champion Press, 2005), *Girl Wars* (2003), and *Surviving Ophelia* (2001). In 2007, Dr. Dellasega's YA fiction series, *Bloggirls*, was launched by Marshall Cavendish. Dr. Dellasega's speaking, writing, and teaching offer essential insights into the different conflicts that arise within the context of female friendships and family relationships.

As a Professor of Humanities in the College of Medicine and Professor of Women's Studies at The Pennsylvania State University, Dr. Dellasega teaches medical students in the Department of Humanities and conducts research on psychosocial issues. She is an international expert on family relationships and completed a visiting professorship in Sweden.

Cheryl has been a consultant to the Girl Scouts of the USA and Mattel Corporation's We Believe in Girls initiative. She lives in Hershey, PA.

Cheryl's book *Mean Girls Grown Up* will be sold for \$10 at the program.

She will sign books at the end of the program day.



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Thursday, April 1, 2010

MHA Headquarters

RETURN TO: Maryland Healthcare Education Institute  
6820 Deerpath Road, Elkridge, MD 21075-6234  
ATTN: Lisa Butler, Project Coordinator  
Phone: (410) 796-6239 Fax: (410) 379-9541  
lbutler@mhaonline.org

**OFFICE USE ONLY**

Program #: 1005-1253

Check #: Amt: \$

Rec'd:

REGISTRATION DEADLINE: March 26, 2010

PLEASE PRINT OR TYPE

(If there are more registrants, please feel free to duplicate this form)

ORGANIZATION: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

*You are not registered for this program until you receive a confirmation E-mail from the program coordinator*

1. NAME: \_\_\_\_\_ DEGREE(S) \_\_\_\_\_  FACHE

TITLE: \_\_\_\_\_ PHONE #: \_\_\_\_\_

BADGE NAME: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

2. NAME: \_\_\_\_\_ DEGREE(S) \_\_\_\_\_  FACHE

TITLE: \_\_\_\_\_ PHONE #: \_\_\_\_\_

BADGE NAME: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

Fee: MHEI Member: \$199 per person

Non-Member: \$289 per person

**The fee includes tuition, materials, lunch, and refreshments**

Check Enclosed - Make Payable to Maryland Healthcare Education Institute

VISA  MasterCard  American Express

Card # \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ CSC# \_\_\_\_\_

(VISA & MasterCard: 3-digits on the back of the card after the credit card number; American Express: 4-digits on the front of the card above the credit card number)

Name on Card \_\_\_\_\_

Card Billing Street Address \_\_\_\_\_ Zip Code \_\_\_\_\_

ONE OF THE ABOVE METHODS OF PAYMENT SHOULD ACCOMPANY THIS REGISTRATION FORM

**REMINDER:** Online registration is now available at  
<http://www.mhei.org/Programs/programs.php>

REFUNDS: The registration fee is refundable if notice is received 3 business days prior to the program. If cancellation is within 3 business days of the program, a \$50 service fee will be assessed. MHEI offers a full tuition refund if you do not find the program to be helpful.

SPECIAL NOTE: MHEI wishes to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals because of the absence of auxiliary aids and services. If you need any of the auxiliary aids or services identified in the Americans With Disabilities Act, please call

MHEI WEATHER POLICY: In the event of adverse weather conditions, the decision to either close or delay the opening of MHA and the program will be made by 6:15 the morning of the program. To find out if the office is closed or has a delayed opening because of weather, please call the MHA main telephone number (410.379.6200) after 6:15 AM.