

### About Dr. Runyan

Christine Runyan, PhD, ABPP is a clinical health psychologist, Professor in the Department of Family Medicine and Community Health at the University of Massachusetts Medical School, and the Co-Founder of [Tend Health](#). After starting her career as a psychologist in the US Air Force, she focused her research, clinical service, and teaching on behavioral science in family medicine as well as promoting models of integrated primary care. Dr. Runyan is also a mindfulness teacher at the University of Massachusetts Center for Mindfulness. At the height of the pandemic, recognizing the undeniable need for expert mental health services for healthcare professionals, she launched Tend Health. Tend Health provides specialized, private, and accessible mental health care and education to healthcare professionals and consultation to healthcare organizations willing to invest in their most precious resource.