



- Mindful Healthcare Summit
- Release date: May 24, 2019
Expiration date: May 24, 2021
- Estimated time to complete activity: 15 hours
- To contact the accredited provider, please visit www.pimed.com.
- Jointly provided by Postgraduate Institute for Medicine and The Awake Network, LLC

Front Matter of the Offering

Target Audience

Physicians, Registered Nurses, Psychologists, Social Workers and other healthcare providers.

Educational Objectives

After completing this activity, the participant should be better able to:

- Explain and articulate the implications of mindfulness for themselves as well as their patients based on current research
- Choose appropriate mindfulness techniques to transition, self-regulate, and focus in high stress environments
- Listen and communicate more attentively to co-workers and patients
- Create space for self-care in order to prevent burnout and better serve patients
- Describe how to manage difficult emotions and situations without becoming overwhelmed.

Faculty

Day 1- Mindfulness in Healthcare

- Jon Kabat Zinn, PHD- [Director, UMass Med Center for Mindfulness, Founder of MBSR](#)
- Susan Bauer Wu, RN, PHD- [Mind and Life Institute. Professor Contemplative End-of-Life Care at the University of Virginia \(UVa\) School of Nursing](#)
- Patricia Rockman, MD, CCFP, FCFP- [Center for Mindfulness Studies Toronto](#)
- Bobby Mukkamala, MD, [Member, American Medical Association Board of Trustees](#)

Day 2- Focusing the Mind

- Daniel Goleman, PhD- [Renowned Psychologist, Author “Emotional Intelligence”](#)
- Ronald Epstein, MD- [Physician, Author, Attending: Medicine, Mindfulness and Humanity](#)
- Arpan Waghay, MD- [Chief Medical Officer, Well Being Trust](#)
- Reena Kotecha, MBBS- [Founder, Mindful Medics](#)

Day 3- Building Resilience and Work-Life Balance

- Richard Davidson, PHD- [Neuroscience Researcher, Founder, Center for Healthy Minds at the Univ of Wisconsin–Madison](#)

- Leonard Calabrese, DO- [Professor of Medicine at the Cleveland Clinic, Expert in Immunology](#)
- Ni Cheng Liang, MD- [UC San Diego Health's Center for Pulmonary and Sleep Medicine.](#)
- Eve Ekman, PhD, MSW- [UCSF Osher Center for Integrative Medicine, Director of Training at Greater Good Science Center, UC Berkeley](#)
- Nelson Le, MD, MBA -[Medical Director & Vice President, Provider Solutions, AVIA](#)

Day 4-Connecting & Communicating with Compassion

- Kristen Neff- [Founder, Center for Mindful Self Compassion](#)
- Frank Ostaseski- [Founding Director of the Zen Hospice Project, San Francisco](#)
- Jenee Johnson- [San Francisco Department of Public Health](#)
- Vania Rudolf, MD, MPH, FASAM- [Director, Addiction Recovery Service, Swedish Medical Center](#)
- Joshua Cutler, LICSW- [Psychotherapist, Licensed Clinical Social Worker, Innovator in the mental health field. Also works at Swedish Medical Center.](#)

Day 5: Transforming Systems & Culture

- Kelly McGonigal, PhD- [Health psychologist and lecturer at Stanford University](#)
- Zev Schuman-Olivier MD- [Adjunct Assistant Professor, Department of Psychiatry, Geisel School of Medicine at Dartmouth; Clinical Instructor, Department of Psychiatry, Harvard Medical School](#)
- Cheryl Giscombe, PHD, RN, PMHNP-BC, FAAN- [UNC Chapel Hill, Melissa and Harry LeVine Family Professor of Quality of Life, Health Promotion and Wellness](#)
- Michael Dandorff- [President of Rush University System for Health, and Rush University Medical Center](#)
- Catherine Jacobson- [President and CEO, Froedtert Health](#)

Hosts/Interviewers:

- Mark Bertin, MD- [Developmental pediatrician and author of How Children Thrive, Mindful Parenting for ADHD](#)
- Dzung X. Vo, MD, FAAP, [Associate Professor, University of British Columbia Faculty of Medicine.](#)
- Parneet Pal, MBBS- [Chief Science Officer, Wisdom Labs](#)
- Rheanna Hoffman, RN- [Founder, Coach for Medical Professionals at The Whole Practitioner](#)

Joint Accreditation Statement



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and The Awake Network, LLC. Postgraduate

Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physician Continuing Medical Education

The Postgraduate Institute for Medicine designates this enduring material for a maximum of 15 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Nursing Education

The maximum number of hours awarded for this Continuing Nursing Education activity is 15 contact hours.

Continuing Psychologist Education



Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibly for the content of the programs.

This program offers 15 continuing education credits for psychologists. Partial credit is not provided.

Continuing Social Worker Education

As a Jointly Accredited Organization, Postgraduate Institute for Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Postgraduate Institute for Medicine maintains responsibility for this course. Social workers completing this course receive 15 clinical continuing education credits.

Disclosure of Conflicts of Interest

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers, and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

Faculty

Kelly McGonigal, PhD

Fees (honorarium) for Non-CME/CE Services Received Directly from a Commercial Interest or their Agents from Compassion Institute.

Zev Schuman-Olivier, MD

Consulting fees from Alayatec, Inc. and fees for contracted research from MedicaSafe.

All other faculty members have nothing to disclose.

Planners and Managers

The PIM planners and managers have nothing to disclose. The Awake Network, LLC planners and managers have nothing to disclose.

Method of Participation and Request for Credit

There are no additional fees for participating and receiving CME/CE credit for this activity. During the period May 24, 2019 through May 24, 2021, participants must read the learning objectives and faculty disclosures and study the educational activity, then complete a brief post-test and evaluation

Media

Internet

Computer System Requirements

Basic internet access required to stream or download video and audio files.

Disclosure of Unlabeled Use

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

Disclaimer

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.