

Mindfulness Tools for Healthcare Providers and Patients

March 28, 2018
1 to 3 p.m.
Course Code: T332

Presenter:

Carol M. Greco, PhD

Associate Professor of Psychiatry
University of Pittsburgh School of Medicine
Licensed Psychologist, Certified MBSR Instructor
UPMC Shadyside Center for Integrative Medicine

Program Description:

During this presentation, Dr. Greco will provide an overview of mindfulness meditation and the Mindfulness-Based Stress Reduction (MBSR) course that is taught worldwide. She will guide brief mindfulness exercises and we will discuss the potential value of mindfulness for patients and healthcare providers.

Educational Objectives:

At the conclusion of this program, participants should be able to:

- Describe potential benefits of mindfulness interventions for medical illness and psychological stress.
- Apply brief mindfulness practices for centering and focusing during the workday.
- Appraise the value of mindfulness meditation for patients and healthcare providers.

Target Audience:

This is an introductory program intended for physicians, psychologists, social workers, nurses, counselors, therapists and other clinicians working in mental health settings.

Continuing Education Credits:

CADC – 2.0	CME – 2.0	General CEU – 0.2
LSW/LCSW/LPC/LMFT – 2.0	NCC – 2.0	Psychologist – 2.0

The University of Pittsburgh School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Pittsburgh School of Medicine designates this educational activity for a maximum of 2.0 *AMA PRA Category 1 Credits™*. Each physician should only claim credit commensurate with the extent of their participation in the activity. Other health care professionals are awarded 0.2 continuing education units (CEUs) which are equal to 2.0 contact hours.

Tuition:

This program is free of charge.

Continuing Education Credit

Each program is offered for the designated number of continuing education credits

PHYSICIANS: CME

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CERTIFIED ADDICTION COUNSELORS: CADC

Western Psychiatric Institute and Clinic, Office of Education and Regional Programming is certified by the Pennsylvania Chemical Abuse Certification Board (PCACB) to provide Certified Alcohol and Drug Counselor (CADC) continuing education credits for those participants attending the entire program.



COUNSELORS: NCC

Western Psychiatric Institute and Clinic is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.

PSYCHOLOGISTS

Western Psychiatric Institute and Clinic is approved by the American Psychological Association to offer continuing education for psychologists. Western Psychiatric Institute and Clinic maintains responsibility for these programs and their contents.

LICENSED/CLINICAL SOCIAL WORKERS, LICENSED PROFESSIONAL COUNSELORS, LICENSED MARRIAGE AND FAMILY THERAPISTS: LSW/LCSW/LPC/LMFT

The indicated number of clock hours of continuing education is provided through Western Psychiatric Institute and Clinic of UPMC's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

MENTAL HEALTH PROFESSIONALS: CEU

Nurses and other health care professionals are awarded the designated number of Continuing Education Units (CEU). One CEU is equal to 10 contact hours. Nurses: For attendance at this program you will receive a Certificate of Attendance confirming the indicated hours of continuing education. These hours may be considered eligible in completing the 30 hours of continuing education required for bi-annual nursing re-licensure in Pennsylvania. Peer Specialists: This program fulfills requirements for Certified Peer Specialist continuing education.

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