**Vanderbilt University Medical Center**

**Professional Development in Mindfulness Facilitation (PDMF) - CME - APA**

Date: 09:00 October 1, 2021 - 05:00 October, 2, 2021

Location: Online

**Accreditation**

Vanderbilt University Medical Center is accredited by the Accreditation Council forContinuing Medical Education to provide continuing medical education for physicians.

Vanderbilt University Medical Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Vanderbilt University Medical Center maintains responsibility for this program and its content.

**Credit Designation**

Vanderbilt University Medical Center designates this live activity for a maximum of 7.50 *AMA PRA Category 1 Credit(s)*TM. Physicians should claim only the credit commensurate with the extent of their participation in the activity

This activity is designated to award a maximum of 7.50 APA CE credit(s).

**Objectives**

After participating in this educational activity, you should be able to:

1 Experience a variety of mindfulness meditation practices from the perspective of a participant as well as from the perspective of an observer and a facilitator/guide.

2 Articulate the significance and importance of having a robust personal practice in facilitating mindfulness practices.

3 Articulate an understanding of the foundational and historical principles of mindfulness meditation

4 List the basic categories of mindfulness meditations (focus, open awareness, and development of moral and ethical qualities) and the specific practices for each category and experience a variety of formal practices.

5 Discuss basic neuroscience concepts and significant contemplative neuroscience and health research relevant to mindfulness.

6 Discuss considerations and pitfalls around brain imaging as a measure of mindfulness.

**Target Audience**

Medicine, Psychiatry And Behavioral Sciences, Nursing

**Americans with Disabilities Act**

It is the policy of Vanderbilt University Medical Center not to discriminate against any person on the basis of disabilities. If you feel you need services or auxiliary aids mentioned in the Americans with Disabilities Act in order to fully participate in this continuing education activity, please contact the Office for Continuous Professional Development (OCPD) to request assistance.

**Commercial Support**

This activity received no commercial support.

**Financial Disclosures**

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Name of Ineligible Company(s) / Nature of Relationship(s)** |
| Paloma Cain Rollings, MA | Faculty | Nothing to disclose - 04/29/2021 |
| Michelle Foote-pearce, DMin | Faculty | Nothing to disclose - 04/27/2021 |
| David J Kennedy, MD | Faculty | Nothing to disclose - 09/30/2021 |
| Linda Manning, PhD | Faculty | Nothing to disclose - 08/30/2021 |
| Landrew S Sevel, PHD | Faculty | Nothing to disclose - 05/11/2021 |

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Credit code must be texted to 855-776-6263 within 14 days. After texting, log in to **<https://vumc.cloud-cme.com>** and complete the event evaluation to complete claiming credit.

**To get started setting up a new account:**

* **For Non-Vanderbilt learners:  <https://vumc.cloud-cme.com> and select Sign In > Non-Vanderbilt University Medical Center > Don’t have an account?**
* **For Vanderbilt learners:  <https://vumc.cloud-cme.com> and select Sign In > VUMC Faculty and Staff**

**Texting for the first time? Pair your mobile phone to your CloudCME account.**

* **Text your email address as entered in your CloudCME profile to 855-776-6263.**
* **Text the provided code above to 855-776-6263 to claim credit.**

If you need assistance claiming credit, please contact

Waverly Demers

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or visit <https://vumc.cloud-cme.com/about/help>