**Vanderbilt University Medical Center**

**Professional Development in Mindfulness Facilitation (PDMF)-APA 2023**

**Session III: Pedagogy of mindfulness I: Practices, Trauma Sensitivity**

Date: 10:00 October 5, 2023 - 05:00 October, 5, 2023

Location: Online

**Accreditation**

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**

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 . Explore and demonstrate a comfortable posture for a sitting mindfulness practice and discuss the pedagogy of mindfulness postures

2 Experience and define the differences between a mindfulness focus practice and an open awareness practice.

3 Define the similarities in the arc of focus and open awareness practices.

4 . Explain why many mindfulness traditions begin with focus practices.

5 List the first three foundations of mindfulness and define them.

6 Describe the triangle of awareness as it relates to mindfulness.

7 Critique and provide peer feedback with guiding a meditation practice.

8 Identify the three levels of arousal as they relate to trauma.

9 Describe the Polyvagal theory and its relationship to trauma responses

10 List at least two ways to invite participants to maintain a safe level of arousal that are used when giving instructions to participants.

11 Describe how to stay within your level of competency when teaching mindfulness.

**Target Audience**

Medicine, Psychiatry And Behavioral Sciences, Social Work, 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**

VUMC CE activities are compliant with the Standards for Integrity and Independence in accredited continuing education. Any individual in a position to control the content of a CE activity, including but not limited to planners and faculty, are required to disclose all relevant financial relationships with ineligible organizations.All relevant conflicts of interest have been mitigated before this activity started.

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| --- | --- | --- |
| **Name of individual** | **Individual's role in activity** | **Name of Ineligible Company(s) / Nature of Relationship(s)** |
| Waverly Demers, BA | Activity Coordinator |  |
| Ruth Q Wolever, PhD | Activity Director | Paid consultant-eMindful, Inc. (Relationship has ended)|Membership on Advisory Committees or Review Panels, Board Membership, etc.-Wondr, Inc.|Consulting Fee-Fullfill, Inc.|Honoraria-National Board for Medical Examiners|Membership on Advisory Committees or Review Panels, Board Membership, etc.-National Board for Health and Wellness Coaching - 02/01/2023 |
| Carrie Brintz, PhD | Faculty | Nothing to disclose - 05/16/2023 |
| Linda G Manning, PHD | Faculty |  |
| Shelby Reyes, PhD | Faculty |  |
| Landrew S Sevel, PHD | Faculty |  |
| Paloma Cain Rollings, MA | Faculty, Planning Committee Member |  |
| Michelle Foote-pearce, DMin | Faculty, Planning Committee Member | Nothing to disclose - 05/15/2023 |

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Mary Wood, Waverly Demers

mary.e.wood@vumc.org, waverly.demers@vumc.org

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