**Vanderbilt University Medical Center**

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

**Session IV: Pedagogy of Mindfulness II: Inquiry, use of story, poem, and metaphor; hindrances and difficulties encountered in Mindfulness Practice; Mindful Self-Compassion; Diversification in mindfulness. (2)**

Date: 10:00 October 28, 2023 - 06:00 October, 28, 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 6.00 APA CE credit(s).

**Objectives**

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

1 Explore the importance of metaphor, poems and stories in teaching and facilitation of mindfulness practices and demonstrate appropriate use.

2 List the purpose and methods of leading a mindfulness inquiry.

3 Define the five hindrances to mindfulness practice.

4 Discuss ways to work skillfully with common struggles of beginner mindfulness meditators.

5 . List at least three possible difficulties and problems encountered in mindfulness practice.

6 Describe appropriate measures to take that embody the essential qualities of acceptance and kindness when difficulties are encountered in a mindfulness class.

**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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