**Vanderbilt University Medical Center**

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

**Session V: The Science of Mindfulness**

Date: 10:00 November 17, 2023 - 05:00 November, 17, 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 Describe in overview format the neuroscience of mindfulness meditation.

2 . List three ways mindfulness impacts wellness and neurological regulation.

3 Define MBI (mindfulness-based intervention) in research.

4 List at least two psychological interventions that have mindfulness components but are not MBIs.

5 Compare and contrast the use and outcomes of mindfulness as a technique vs. mindfulness as a healing approach.

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

**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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