

Mindfulness Training for Medical Professionals (MTMP) 7-week course

Tuesday, Oct. 4, 11, 18 and 25 at 6–8:30 p.m.

Tuesday, Nov. 1, 8 and 15 at 6–8:30 p.m. • Saturday, Nov. 5 at 8:30 a.m.–1 p.m.

Lehigh Valley Hospital–Cedar Crest

Kasych Family Pavilion – Educational Conference Center, room 10

Conference Information

Mindfulness Training for Medical Professionals is a 7-week experiential training program. A commitment to daily home practice is required in order to cultivate mindfulness skills. Each class will include a period of instruction in the practices as well as topical discussions. These include:

- advances in neuro-biology and stress physiology
- awareness of one’s own patterns of stress reactivity and habitual thought
- compassion and its obstacles
- enhanced communication skills

Sessions also will explore challenges that arise in the practical applications of mindfulness in health care settings and in daily life.

Faculty List

Susan D. Wiley, M.D.

*Vice Chairman, Department of Psychiatry
Founding Teacher, Lehigh Valley Health Network
Center for Mindfulness
Certified Instructor, University of Massachusetts
Medical Center for Mindfulness*

Laurence J. Silberstein, Ph.D.

*Professor of Religious Studies, Lehigh University
Founding Director and Chair of Jewish Studies
Philip & Muriel Berman Center for Jewish Studies,
Lehigh University*

Learning Objectives

- Recognize unique patterns of stress reactivity and learn to respond more intentionally.
- Utilize awareness of sensations to enhance focused attention and presence.
- Discuss common suffering that results in enhanced perspective and compassion.
- Apply mindfulness strategies to enhance listening skills, self-awareness and understanding of others.
- Identify automatic patterns of thinking that lead to distortions in perceptions.
- Develop strategies to remain calm during times of relative busyness or periods of unpleasantness.
- Clarify personal and professional values.
- Distinguish between “knowledge” and “wisdom.”
- Analyze experience through attention to pleasant, unpleasant and neutral events.

Target Audience

Physicians, advanced practitioners: N.P., P.A., C.R.N.P., psychologists

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Designation Statement

It is Lehigh Valley Health Network's policy to ensure balance, independence, objectivity and scientific rigor in all of our sponsored educational programs. Faculty and all others who have the ability to control the content of continuing education activities sponsored by Lehigh Valley Health Network are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

Lehigh Valley Health Network is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians.

Lehigh Valley Health Network designates this educational activity for a maximum of 19.5 AMA PRA Category 1 Credit(s).

Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

Registration Information

Call Terri Schaffer at **610-821-2036** or e-mail at **Terri.Schaffer@LVHN.org**

Registration Deadline: Friday, Sept. 30, 2011.

Call to reserve your place. Class size is limited to 20 participants. Participants who attend 6 of the 7-weekly sessions will be eligible for \$100 rebate from the Office of Medical Affairs.

Cancellation policy

Refunds will be offered up until 1 week prior to class minus an administrative fee of \$25.

Registration Form: MTMP

NAME _____

AFFILIATION/EMPLOYER _____

LEHIGH VALLEY HEALTH NETWORK USER ID _____

IF NON-LEHIGH VALLEY HEALTH NETWORK, E-MAIL ADDRESS _____

STREET ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

Please check one:

M.D. D.O. P.A. N.P. C.R.N.P. other _____

Registration Fee: \$495 which includes a 3-CD set and workbook of Mindfulness Practices

Make checks payable to: Lehigh Valley Health Network
Credit cards also are accepted. Mail registration and payment to:

Terri Schaffer
The Guidance Program
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Allentown, PA 18103