

Mindfulness Training for Medical Professionals (MTMP)

7 week course

7 Thursdays: February 2nd, 9th, 16th, 23rd

March 8th, 15th, 22nd 6:00PM - 8:15 PM

and Saturday, March 10th 8:00AM – 12:00PM

Lehigh Valley Hospital – Cedar Crest, Kasych Family Pavilion

Target Audience

Physicians, Advanced Practitioners: NP, PA, CRNP, Nurses, Psychologists

Faculty List

Susan D. Wiley, MD

Vice Chairman, Department of Psychiatry
Founding Teacher, LVHN - Center for Mindfulness
Certified Instructor, University of Massachusetts
Medical Center for Mindfulness

Carol Sorrentino, MSN, APRN, BC

Education Specialist, Div. of Education, LVHN
Adjunct Clinical Faculty, Cedar Crest College
Senior Teacher, LVHN Center for Mindfulness

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

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 which results in enhanced perspective and compassion.
- Apply mindfulness strategies to enhance listening skills, self-awareness and understanding of others.
- Develop strategies for practicing mindfulness.
- 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.

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 live educational activity for a maximum of 19.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

Registration Information

Mindfulness Training for Medical Professionals (MTMP)

Feb 2, 9, 16, 23, Mar 8, 14, 22, 6:00PM-8:15PM
and March 10th 8:00AM – 12:00PM

Lehigh Valley Health Network

Kasych Family Pavilion
Medical Imaging of Lehigh Valley Conference
Center, Room 9
1200 S. Cedar Crest Blvd, Allentown, PA 18103

Name _____

Affiliation/Employer _____

If LVHN: User ID _____

If Non-LVHN: E-mail Address _____

Address _____

City/State/Zip _____

Phone _____

Please check one:

MD PA NP CRNP Psych

Other _____

Registration Fee: \$395 which includes a 3-CD set and workbook of Mindfulness Practices

Registrations can be made by either calling 610-402-CARE with a credit card or by writing a check payable to Lehigh Valley Health Network and mailing it to:

402 CARE
Lehigh Valley Health Network
2100 Mack Blvd., Allentown, PA
18103-5622

Special Needs

- I will need assistance _____
- I have special dietary requirements _____
- Please include me on your CE activity mailing list.

REGISTRATION DEADLINE: January 30, 2012

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

Class size is limited to 20 participants