

## Mindfulness-Based Stress Reduction

### MBSR Spring 2018 Program Schedule:

**Tuesdays, May 1 – June 19, 1:30 – 4:00 pm**  
**OR**  
**Tuesdays, May 1 – June 19, 6:00 – 8:30 pm**

#### Accreditation

Scripps Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Scripps Health designates this live activity for a maximum of 16 AMA PRA Category 1 Credit(s)<sup>™</sup>.

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

**Credit Breakdown:** Each session is worth 2 AMA PRA Category 1 Credit(s)<sup>™</sup>.

#### Nurses

For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit(s)<sup>™</sup> issued by organizations accredited by the ACCME. For the purpose of re-licensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credit(s)<sup>™</sup>. The majority of state boards accept AMA PRA Category 1 Credit(s)<sup>™</sup> as meeting continuing education requirements for license renewal. Nurses should check with their state's Board of Registered Nursing regarding use of CME credit.

The program tuition is \$495. Partial scholarships available based upon financial need. Scripps employees receive a 10% discount. To register, please call 1-800-SCRIPPS. **Pre-registration is required.** For more information about the course, call Karen Sothers at 858-554-3303.

After attending this live activity, participants should be able to:

- Navigate mindfulness meditation to improve your sleeping patterns
- Demonstrate your capacity to learn from and transform difficult emotions, such as anxiety, anger, frustration and depression
- Identify self-acceptance and self-compassion while decreasing critical self-judgments
- Demonstrate communication and listening skills in relationships with others
- Integrate and sustain a daily formal and informal mindfulness practice

According to published research plus as reported by our graduates of MBSR at SCIM:

- Long-term relief from physical and psychological symptoms
- More effective responses to stress and less reactive
- Improved energy levels, mindset, mood and sleeping patterns
- Less pain and improved pain management
- Overall increase in acceptance and compassion for oneself and others

**Program Instructor/Director:** Karen Sothers, MEd, E-RYT, has been teaching MBSR at Scripps since 2004. She has completed the MBSR teacher training taught by the UMASS Center for Mindfulness. Karen earned a Bachelor of Science in Life Sciences from Kansas State University and a Masters of Education in Health and Exercise Science from Vanderbilt University. She is an Experienced Registered Yoga Teacher (E-RYT). For more than 25 years, Karen has dedicated her life to teaching the art and science of mindful living. She blends the time-tested healing practices of meditation and yoga with the most current research in mindfulness, resiliency and compassion to inspire people to live more fully, and with greater ease and vitality.

#### **Faculty Disclosure**

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they or their spouse/partner may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Owners and/or employees of a commercial interest with business lines or products relating to the content of the CME activity will not be permitted to participate in the planning or execution of any accredited activity.

#### **Cultural and Linguistic Competency**

This activity is in compliance with California Assembly Bill 1195, which requires that all CME activities comprising a patient care element include curriculum addressing the topic of cultural and linguistic competency. The intent of this bill is to ensure that health care professionals are able to meet the cultural and linguistic concerns of a diverse patient population through effective and appropriate professional development. The planners, speakers and authors of this CME activity have been encouraged to address issues relevant in their topic area. A variety of resources are available that address cultural and linguistic competency, some of which can be found on the Scripps Conference Services & CME website.

### **MBSR Fall 2018 Program Schedule**

**Tuesdays, September 25 – November 13: Either 1:30-4:00 pm OR 6:00 – 8:30 pm**

**Day of Mindfulness: Saturday, November 10, 9:30 am – 4:00 pm**

[www.scrippsintegrativemedicine.org](http://www.scrippsintegrativemedicine.org)

#### **Attendee Cancellation, Substitution, Refund**

The course tuition is refundable, minus a \$50 processing fee, if your cancellation is received in writing no later than 1 week prior to the start date. Attendee substitutions are allowed, but notification must be made in writing by 1 week prior to the start date. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to "no shows."

#### **Scripps Conference Modification or Cancellation**

Scripps reserves the right to modify the course's schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.