This course will explore recent developments in the use of meditation to enrich psychotherapy. Presentations will address the use of meditative practices with diverse populations, contraindications for specific individuals, the integration of compassion and self-compassion techniques, and the tension between acceptance and change in meditation and treatment. Multiple learning formats will be used including didactic presentations, experiential exercises, case discussions, and Q&A. This course is intended for all mental health practitioners and others interested in the principles, practices, and techniques of meditation. Learning Objectives: As a result of attending this course, participants will be able to: evaluate the usefulness and benefits of different meditation practices for different populations; explain the use of compassion and self-compassion practices in treatment; describe how meditation can be used with the disenfranchised; incorporate yoga into treatment; and develop strategies to enhance patients’ spiritual life through meditation practice.

For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPA-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cmec@challiance.org; Web: www.cambridgecmce.org

FRIDAY, MAY 4, 2018
7:45 - 8:30 REGISTRATION AT HYATT REGENCY HOTEL, DOWNTOWN CROSSING, BOSTON
8:30 - 12:45 MORNING PROGRAM - Moderator: Ronald D. Siegel
Cultivating Compassion and Equanimity in Difficult Times......................... Joseph Goldstein
Mindfulness in Underserved Communities ........................................... Carl Fulwiler
Strategies for Safety: Identifying and Managing Adverse Meditation Effects ............... Willoughby Britton
12:45 - 2:00 BREAK
2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Christopher Germer
Mediation and Spiritual Traditions: Implications for Psychotherapy ......................... Chris Berin, Lama Rod Owens, Reverend Katherine Stiles, Janet Yassen
Self-Compassion: An Antidote to Shame in Treatment .............................. Christine Braehler

SATURDAY, MAY 5, 2018
8:30 - 12:45 MORNING PROGRAM - Moderator: Christopher Germer
Compassion-Focused Therapy: A New Approach to Treatment ................. Paul Gilbert
Don’t Just Do Something, Sit There!: On the Role of Non-Doing in Meditation and Psychotherapy ......... Robert J. Waldinger
Don’t Just Sit There, Do Something!: The Importance of Action in Meditation and Psychotherapy ............. Lisa W. Coyne
12:45 - 2:00 BREAK
2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Ronald D. Siegel
Yogic Meditation and The Quest for Wholeness.................................... Douglas Baker
Mindfulness and Compassion: Meeting Challenges, Staying Safe............... Christopher Germer, Ronald D. Siegel

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

MEDITATION AND PSYCHOTHERAPY

Registration Fees: Physicians $400 All Others: $300
Plus a processing fee of $5 (all fees in US dollars)
Secure Online Registrations can be made by credit card or check at https://cmeregistration.hms.harvard.edu/meditation2018 (directly into browser) or www.cambridgecmce.org Inquiries may be made to Harvard Medical School – Department of Continuing Education at 617-384-8600 (Monday to Friday - 9:00 am to 5:00 pm EST); email: CEPrograms@hms.harvard.edu or Cambridge CME at 617-806-8770; email: cmec@challiance.org

2017-2018 CAMBRIDGE/HARVARD CALENDAR

Integrated Care November 17-18 School Mental Health January 26-27
Treating Couples December 1-2 Addictions March 2-3
Treating Anxiety December 8-9 Sex, Sexuality, and Gender April 27-28
Meditation and Psychotherapy May 4-5
The Arts of Contemplative Care: Borderline Patients: Case Studies, Psychiatry for Medical Students

The Harvard Medical School designates this live activity for a maximum of 14 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The Cambridge Health Alliance; Psychiatry Continuing Education Division maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: Application has been made to the Collaborative of NASW and the Boston Medical School and Simmons Schools of Social Work and to the MA and RI Chapters of The Association for Marriage and Family Therapy for a total of 14 credits (7 credits/hours per day). The State of CT accepts NBCC and NASW approval for a total of 14 credits. The Psychology Continuing Education Division of Psychiatry in Psychiatry at Cambridge Health Alliance/Childd. Physicians Organization is recognized by the New York State Education Department’s State Board for Social Work as an Approved Provider of continuing education for licensed social workers; 14 contact hours have been approved.

COUNSELORS and EDUCATORS: The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPA), has been approved by NBCC as an Approved Provider of continuing education for the continued professional development of Counselors, #56467. The program(s) do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPA is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Continuing Education Requirements for Licensure and PDP Educator Credit for a total of 14 credits.

Refunds, less a $75 administrative fee, will be issued for all cancellations received two weeks prior to the start of the course. No refund will be made thereafter. “No-Shows” are subject to the full course fee.

CONTINUING EDUCATION:

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Harvard Medical School designates this live activity for a maximum of 14 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The Harvard Medical School designates this live activity for a maximum of 14 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by The American Psychological Association to sponsor continuing psychology education activities for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

Psychologists: The Cambridge Health Alliance, Psychiatry Continuing Education Division, is approved by The American Psychological Association to sponsor continuing psychology education activities for psychologists. The Cambridge Health Alliance, Psychiatry Continuing Education Division maintains responsibility for this program and its content. This course offers 7 credits per day for a total of 14 continuing education credits.

Social Workers and Family Therapists: Application has been made to the Collaborative of NASW and the Boston Medical School and Simmons Schools of Social Work and to the MA and RI Chapters of The Association for Marriage and Family Therapy for a total of 14 credits (7 credits/hours per day). The State of CT accepts NBCC and NASW approval for a total of 14 credits. The Psychology Continuing Education Division of Psychiatry in Psychiatry at Cambridge Health Alliance/Childd. Physicians Organization is recognized by the New York State Education Department’s State Board for Social Work as an Approved Provider of continuing education for licensed social workers; 14 contact hours have been approved.

Counselors and Educators: The Cambridge Health Alliance, Psychiatry Continuing Education Division (CHAPA), has been approved by NBCC as an Approved Provider of continuing education for the continued professional development of Counselors, #56467. The program(s) do not qualify for NBCC credit are clearly identified. This program meets the requirements for 14 continuing education hours. CHAPA is solely responsible for all aspects of the program. This offering is also applicable for Commonwealth of Massachusetts Continuing Education Requirements for Licensure and PDP Educator Credit for a total of 14 credits.

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