MEDITATION AND PSYCHOTHERAPY
Multiple Perspectives on Mindfulness
MAY 3-4, 2019
HYATT REGENCY HOTEL
in Downtown Crossing
BOSTON, MASSACHUSETTS

offered by
THE DEPARTMENT OF PSYCHIATRY
CAMBRIDGE HEALTH ALLIANCE PHYSICIANS ORGANIZATION

under the direction of
Christopher Germer                            Judy Reiner Platt                           Ronald D. Siegel

Now that mindfulness practices are mainstream both in society and psychotherapy, this course will explore recent developments in their application to diverse challenges—offering clinicians and others new perspectives on how to integrate mindfulness practices into their personal and professional lives. The presentations will include an overview of mindfulness training, lessons for working mindfully in the therapy relationship, and approaches for helping adults, children and families manage difficult emotions. Strategies for working with underserved populations and employees in the workplace, and insights for developing and sustaining a meditation practice will be offered. 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 and practices of mindfulness in therapy and daily life. For Further Information Contact: Cambridge Health Alliance Physicians Organization (CHAPO-CME), P.O. Box 398075-Inman Square, Cambridge, MA 02139; Phone: 617-806-8770; Fax: 617-806-8777; Email: cme@challiance.org; Web: www.cambridgecme.org

FRIDAY, MAY 3, 2019
7:45 - 8:30 REGISTRATION AT HYATT REGENCY HOTEL, DOWNTOWN CROSSING, BOSTON
8:30 - 12:45 MORNING PROGRAM - Moderator: Christopher Germer
The Promise, Power, and Potential Pitfalls of Mindfulness-Based Programs in a Technology-Oriented World Saki F. Santorelli
Mindfulness and Mechanisms of Behavior Change Zev Schuman-Olivier
Enriching Psychotherapy through Meditative Practice Stephanie P. Morgan
The Four Noble Truths of Relationships Susan Piver

12:45 - 2:00 BREAK

2:00 - 5:15 AFTERNOON PROGRAM - Moderator: Ronald D. Siegel
Motivating Ourselves to Meditate James O. Prochaska
I Can’t Breathe: Meditation That Embodies Social Justice Dominique A. Malebranche
Mindfulness for At-Risk Individuals, Vulnerable Populations, and Marginalized Communities Fleet Mauli

SATURDAY, MAY 4, 2019
8:30 - 12:45 MORNING PROGRAM - Moderator: Ronald D. Siegel
Contemplative Practices for a World on Fire Melissa Myozen Blacker
The Neuroscience of Meditation Gaelle Desbordes
Mindfulness for Intense Emotions Blaise Aguirre
Making Mindfulness Stick with Children, Teens, and Families Christopher Willard

12:45 - 2:00 BREAK

2:00 - 5:00 AFTERNOON PROGRAM - Moderator: Christopher Germer
Mindfulness at Work: From Fad to Foundation Nancy Costikyan
Learning from Our Mistakes Nicholas Barnes, Elizabeth G. Brenner, Paul R. Fulton, and Susan M. Pollak

PROGRAM CHANGES/SUBSTITUTIONS MAY BE MADE WITHOUT NOTICE

Secure Online Registrations can be made by credit card or check at https://cmeregistration.hms.harvard.edu/Meditation2019 (directly into browser) or www.cambridgecme.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: CEPPrograms@hms.harvard.edu or Cambridge CME at 617-806-8770; email: cme@challiance.org

2019 CAMBRIDGE/HARVARD CALENDAR

January 25-26 School Mental Health November 1-2 Treating Couples
March 1-2 Treating the Addictions November 15-16 Sex, Sexuality, and Gender
April 5-6 Treating Young Adults December 6-7 Integrated Care
May 3-4 Meditation and Psychotherapy

MEDITATION AND PSYCHOTHERAPY (#735255-1902)
Registration Fees: Physicians $400 All Others: $300
Plus a processing fee of $10 (all fees in US dollars)

Secure Online Registrations can be made by credit card or check at https://cmeregistration.hms.harvard.edu/Meditation2019 (directly into browser) or www.cambridgecme.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: CEPPrograms@hms.harvard.edu or Cambridge CME at 617-806-8770; email: cme@challiance.org
Transition; and Self-Compassion for Parents conference rate.

Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward recredentialing. This course offers 7 credits per day for a total of 14 continuing education credits.

SOCIAL WORKERS and FAMILY THERAPISTS: Application for social work continuing education credit has been submitted to the Commonwealth of Massachusetts Counseling/Allied Mental Health Professionals Board of Registration. Call 617-912-1234 to verify this offer. For credits for the MA Board of Allied Mental Health Practice, contact 617-912-1234 for the RIF program. For credits for the MA Board of Social Work Practice, contact the MA State Board of Social Work at 617-523-6161 (RIF program for social workers). The Mindfulness-Based Psychotherapy Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward recredentialing. This course offers a total of 14 credits.

NURSES: The American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the American Mindfulness Institute and the Mindfulness-Based Psychotherapy Division, for the purpose of recredentialing. The Continuing Education Division, verifies that this course is a planned, organized learning experience designed to augment the knowledge, skills, and attitudes for the enhancement of nursing practice to the end of improving health care to the public as mandated by Massachusetts Regulation 244 CMR 5.00 toward recredentialing. This course offers a total of 16.8 hours.

FACTORY

BLAISE AGUIRRE, MD, Founder and Medical Director, 3East Continuum, a residential DRT program for young girls, McLean Hospital; Author/Contributor: Changing for Good, Systems of Psychotherapy, The Cultural Domain. Books include: Mapping the Moral Domain, Evocative Objects: Things We Think With, Mindfulness and Psychotherapy

ELIZABETH G. BRENNER, LICSW

FACTORIAL ASSOCIATION: Teaching Associate in Psychology, Department of Psychiatry, Harvard Medical School; President, Institute for Meditation and Psychotherapy; Publications include: Truths of Love: Buddhist Wisdom for Modern Relationships, The Hard Questions, How Not to be Afraid of Your Own Life, The Mindful Way Workbook; Co-Developer, Mindfulness and Meditation: Your Roadmap to a Healthier, Happier Life; Author: The Hidden Lamp, Books include: Mapping the Moral Domain, Evocative Objects: Things We Think With, Mindfulness and Psychotherapy

DOMINIQUE A. MALEBRANCHE, PhD, Postdoctoral Fellow, Trauma Center, Brookline; Program Planning Committee Member, International Symposium for Contemplative Research 2018. Mind & Life Institute; Certified Trauma Sensitive Yoga Facilitator (TCTSY- F) and Vinyasa Yoga Teacher and Practitioner; Facilitator, Healing Through Embodied Yoga, Boston Center for Contemplative Practice

FLEET MAULL, PhD, CMT-P, Co-editor: Mindfulness and Psychotherapy and Wisdom and Compassion in Psychotherapy

Gaelle desbordeaux, PhD, Instructor in Radiology, Harvard Medical School; Research Staff, Martinsen Center for Biomedical Imaging, Massachusetts General Hospital; Member, Mindfulness Research Collaborative; Contributing Author; Homeostatic Control of Brain Function

NICHOLAS BARNES, MD, Pain Medicine Fellow, Brigham and Women’s Hospital; Private Practice, Brookline

SEXUAL ABUSE – and Helping Kids Recover, Mindfulness for Borderline Personality Disorder: Relieve your Suffering Using the Core Skills of Mindfulness and Psychotherapy; Co-Developer,

STEPHANIE P. MORGAN, MSW, PsyD, Author of the Great Courses Program, The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are approved by the American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Massachusetts Association of Social Workers, accepts CEUs for providers licensed in the Commonwealth of Massachusetts. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PPD Education accreditation for a total of 14 credits.

FACULTY

NICHOLAS BARNES, MD, Pain Medicine Fellow, Brigham and Women’s Hospital; Private Practice, Brookline

Author: The Mindful Way Workbook; Co-Developer, Mindfulness and Meditation: Your Roadmap to a Healthier, Happier Life; Author: The Hidden Lamp, Books include: Mapping the Moral Domain, Evocative Objects: Things We Think With, Mindfulness and Psychotherapy

Gaelle desbordeaux, PhD, Instructor in Radiology, Harvard Medical School; Research Staff, Martinsen Center for Biomedical Imaging, Massachusetts General Hospital; Member, Mindfulness Research Collaborative; Contributing Author; Homeostatic Control of Brain Function

NICHOLAS BARNES, MD, Pain Medicine Fellow, Brigham and Women’s Hospital; Private Practice, Brookline

SEXUAL ABUSE – and Helping Kids Recover, Mindfulness for Borderline Personality Disorder: Relieve your Suffering Using the Core Skills of Mindfulness and Psychotherapy; Co-Developer,

STEPHANIE P. MORGAN, MSW, PsyD, Author of the Great Courses Program, The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are approved by the American Nurses Credentialing Center, Commission on Accreditation, accepts continuing education from the Massachusetts Association of Social Workers, accepts CEUs for providers licensed in the Commonwealth of Massachusetts. This offering is also applicable for Commonwealth of Massachusetts Counseling/Allied Mental Health accreditation and PPD Education accreditation for a total of 14 credits.