

## Description:

Mindfulness is being increasingly recognized as a relevant science, an attainable ability and an integral part of personal wellness. This workshop offers skills and experience to bring mindfulness forward in individuals' professional and personal lives.



Once you know how you are thinking, you have the power to change it.

**Accreditation:** The Northwest Permanente, PC, Department of Continuing Medical Education & Professional Development (NWP CME & Professional Development) is accredited by the Oregon Medical Association to provide continuing medical education for physicians.

**Credit Designation:** NWP CME & Professional Development designates this live CME activity for a maximum of 4.0 hours, *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** All individuals with influence over the educational content of this CME activity have disclosed whether they have any financial relationships with manufacturers of pharmaceuticals, medical devices, or any other commercial medical products or services. No one has any financial relationships to disclose.

## At the conclusion, clinicians should be able to:

- ⇒ Reiterate the concepts behind the contemplative sciences and the practice of Mindfulness
- ⇒ Identify and reflect on personal hot buttons (stressors) and understand new strategies for responding to them in the moment
- ⇒ Feel a safe exposure to simple Mindfulness exercises to help decide which might work best for them
- ⇒ Create a framework for integrating a Mindful practice going forward
- ⇒ Acknowledge how altering the habitual thought patterns of the brain can help better manage stress and negative emotion
- ⇒ Recall basic research trends on mindful practices, and the impact on health, emotion and personal satisfaction

## Planning Committee / Faculty:

Michelle Ritter, MD	Family Medicine
Charles Elder, MD	Internal Medicine
Liya Leng, MD	Internal Medicine
Justin Pfeifer	Wellness Consultant, CME & PD
Jaren Post	Program Coord., CME & PD

# Embracing Your Path To Mindfulness

Wednesday April 24 2019  
9:00am – 3:30pm

World Forestry Center, Cheatham Hall  
4033 SW Canyon Rd  
Portland, Oregon  
(located conveniently on the max line or pay to park at the zoo for the day)

*Space is limited!*

Registration is required and open through April 17 on the **Knowledge Portal**.

If you need to cancel your registration, you must do so on the **Knowledge Portal**. An accurate count helps keep costs down and allows others the opportunity to attend (if within 48 hours, call directly).

Remember to contact your scheduler.

Please log onto:

**NWP** *knowledge*  
*portal*  
[www.NWPkp.org](http://www.NWPkp.org)

For registration questions contact:  
Nicole.L.Sharkey@kp.org or 503.813.2626

How much of what we do and say is conscious and intentional and how much has become unconscious and habitual over time?


## Embracing Your Path

There are tremendous benefits that arise from mindfulness practice, but it works precisely because we *don't* try to attain benefit. Instead, we befriend ourselves as we are. We learn how to drop in on ourselves, visit, and hang out in awareness.



## To Mindfulness

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## To Mindfulness

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