

Third Annual Community Integration Conference

“To Hold, Maintain and Keep: Mind-Body Approaches to Community Integration”

LEARNING PURPOSE STATEMENT

The purpose of this conference is to impact the practice of mental health professionals by enhancing knowledge about mind-body approaches to help patients struggling with severe mental illness to reintegrate back into meaningful roles in the community. Through an exploration of theory, current research and evidenced-based interventions, practitioners will be able to utilize mindfulness, meditation and other integrative approaches to enhance recovery.

TARGET AUDIENCE

Mental health professionals: physicians, psychologists, registered nurses, social workers, counselors and addiction professionals (novice to experienced)

LEARNING OBJECTIVES

At the conclusion of this learning activity, participants should be able to:

1. Describe the concept of Basic Attendance and recognize the interconnectedness of contemplative practice and community integration.
2. Describe how social conditions and stereotypes can impair intelligent thought, motivation and curiosity and articulate how the theory of “four-dimensional learning” can decrease stress and improve overall functioning and performance.
3. Demonstrate understanding of the philosophical framework of Buddhist practice and basic mindfulness practice and apply culturally relevant exercises to all areas of life.
4. Understand key ways that mind-body interventions can influence the mental and physical health of people with psychiatric symptoms.
5. Develop ways to implement integrative approaches in effective community integration programming.

REQUIREMENTS

Successful completion of this activity requires (no partial credits will be awarded):

- 100% attendance of activity
- Completed “Education Activity Evaluation”
- Completed “Application for Continuing Education”

CONTINUING EDUCATION CREDIT

The Menninger Clinic has awarded 5.25 Contact/Credit/Clock hours to the following disciplines:

PHYSICIANS: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the Joint Providership of The Menninger Clinic, Ellenhorn, LLC, and the

Continued on Next Page

Association for Community Integration Programs (A4CIP). The Menninger Clinic is accredited by the ACCME to provide continuing medical education for physicians.

The Menninger Clinic designates this live activity for a maximum of 5.25 *AMA PRA Category 1 Credit(s)*TM.

PSYCHOLOGISTS The Menninger Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. The Menninger Clinic maintains responsibility for this program and its content. (5.25 CE credit hours)

REGISTERED NURSES The Menninger Clinic is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. 5.25 contact hours will be awarded at completion.

This CNE activity has been jointly provided by The Menninger Clinic collaboratively with Ellenhorn, LLC, and Association for Community Integration Programs.

SOCIAL WORKERS The Menninger Clinic, Provider #4586, is approved by the Texas State Board of Social Worker Examiners to offer continuing education for social workers. This activity is offered for 5.25 continuing education credit hours for social workers. We adhere to the Texas State Board of Social Worker Examiners Continuing Education Guidelines.

ADDICTION PROFESSIONALS Menninger Clinic, approved by the Texas Certification Board of Addiction Professionals (TCBAP) Standards Committee, Provider No. 1741-06, five and one quarter (5.25) hours general. Expires 7/2017. Complaints about provider or workshop content may be directed to the TCBAP Standards Committee, 401 Ranch Road 620 South, Suite 310, Austin, Texas 78734, and fax number 888-506-8123.

CERTIFICATES OF ATTENDANCE Will be awarded for all other participant upon request.