



Meditation for Everyday Living and Peak Performance for Mental Health, Medical, and Surgical Practices



- Evidence-Based Treatments
- How to Meditate
- Visualization Practices
- Enhance Peak Performance
- Enhancement of Everyday Living
- Positive Psychology Methods
- Decreasing Work Stressors
- Use in Psychotherapy and Medical/Surgical Practices

Target Audience: Physicians, Psychologists, Nurses, Counselors, Social Workers, and LMFTs

COURSE DIRECTORS

Daniel Brown, PhD, ABPH and Lawrence E. Lifson, MD

December 6 – 7, 2019 • Friday – Saturday
Fairmont Copley Plaza Hotel, Boston, MA

This evidence-based course is an integration of the best of Western scientific research from peak performance and positive psychology with the great contemplative traditions of the East. The course addresses a gap in the Western psychotherapy traditions which emphasize the eradication of negative emotional states by instead focusing on the implications of various positive emotional states for psychological and physical health. Emphasis is given to understand the neuro circuitry peak performance, sustain concentration, training positivity and prosocial behavior. This course provides an up-to-date review of the theory and practice of concentration from its ancient origins to modern brain science to how it works to alleviate psychological and physical distress as well as providing opportunities for attendees to cultivate their own personal meditation practices. The concentration aspects of this course holds great promise not only for clinicians' own personal development, but also is a remarkably powerful tool to augment virtually every form of psychotherapeutic and medical treatments. Through lecture, demonstration, Q&A and experiential exercises, you'll learn how to use mind training practices to help resolve anxiety, depression, stress related medical disorders, and interpersonal conflicts in both adults and children. Participants with no meditation experience, as well as seasoned practitioners, will find this course helpful both personally and clinically.

COMMENTS FROM PAST YEARS' CONFERENCES

Meditation and Visualization Practices for Everyday Living and Well-Being

"Dan Brown is a National Treasure! What a wealth of knowledge."

"Dr. Brown is an amazing teacher of meditation practice."

"I did not expect it to have the profound impact that it did. Thank you!"

"It exceeded every expectation."

"Training should be mandatory for all in the helping professions."

MEDITATION FOR EVERYDAY LIVING AND PEAK PERFORMANCE FOR MENTAL HEALTH, MEDICAL, AND SURGICAL PRACTICES

UPON COMPLETION OF THIS ACTIVITY, PARTICIPANTS WILL BE ABLE TO:

- Utilize meditative, concentration, and visualization practices to help enhance peak performance;
- Review how meditation and visualization practices are evidence-based treatments;
- Evaluate new research on visualizations regarding gratitude and forgiveness;
- Integrate Eastern meditation traditions with visualization practices and Western psychotherapy to benefit patients and yourself;
- Choose specific practices for performance anxiety and other things that interferes with performance excellence;
- Develop meditation practices in order to bring optimal energy states to everyday living;
- Use concentration meditation to stabilize the mind so that it stays focused on whatever you intend it to stay on without distraction;
- Apply insight meditation training to cultivate continuous and complete presence to whatever you are doing at the moment;
- Incorporate visualization practices to develop sensitivity to and compassion for others;
- Identify common mechanisms in psychological disorders and how mindfulness practices can alter them;
- Demonstrate the practices and principles of meditation to support personal wellbeing;
- Review the implications of positivity for patient and personal mental health and how to implement in everyday life.

WHO SHOULD ATTEND

- Physicians
- Psychologists
- Physician Assistants
- Nurse Practitioners
- Registered Nurses
- Social Workers
- Counselors



FRIDAY, DECEMBER 6, 2019

7:30 am – 8:00 am

Registration

8:00 am – 10:45 am

Introduction: Performance excellence, mastery of everyday living; Defending the central guiding purpose of life; Ordinary mind and everyday unhappiness; Relationship to peak performance; optimal states, flow states, and everyday self-contentment and happiness; conditions which hinder or potentiate optimal states.

10:45 am – 11:00 am

Coffee Break

11:00 am – 12:30 pm

Integrative approach to the development of optimal states, visualization practices to develop and draw upon optimal states; Happiness in leisure time and recover positivity and flourishing; gratitude and forgiveness compassions.

12:30 pm – 1:30 pm

Lunch (on your own)

1:30 pm – 3:15 pm

Cultivating attitudes that potentiate optimal states; zone of optimal functioning; practices to develop the right level of energy.

3:15 pm – 3:30 pm

Coffee Break

3:30 pm – 5:15 pm

Basic Concentration Training: Goals of concentration training; directing and intensifying attention; dealing with problems of concentration, e.g. distracting thought, imbalanced energy states.

SATURDAY, DECEMBER 7, 2019

8:30 am – 10:45 am

Advanced Concentration Training: The 9 states of concentration; The Applications of Mindfulness to Everyday Living: Full presence and happiness; transforming negative states through pure, non-reactive awareness; cultivating well-being through insight meditations; developing sensitivity and compassion for others.

10:45 am – 11:00 am

Coffee Break

11:00 am – 12:30 pm

The Applications of Mindfulness to Everyday Living:

Full presence and happiness; transforming negative states through pure, non-reactive awareness; cultivating well-being through insight meditations; developing sensitivity and compassion for others.

12:30 pm – 2:00 pm

Lunch (on your own)

2:00 pm – 3:15 pm

The Applications of Mindfulness to Everyday Living (continued):

Cultivating well-being through insight meditations.

3:15 pm – 3:30 pm

Coffee Break

3:30 pm – 5:15 pm

The Applications of Mindfulness to Everyday Living (continued):

Use mindfulness techniques to enhance empathic attunement and therapeutic presence.

5:15 pm

Adjourn

Program changes/substitutions may be made without notice.

REGISTER ONLINE

FACULTY

Daniel Brown, PhD, ABPH is an Associate Clinical Professor of Psychology at Harvard Medical School. He has taught Meditation and Peak Performance workshops for over 46 years both nationally and internationally. He is the author of 18 books including a textbook on hypnotherapy, *Hypnotherapy and Hypnoanalysis*, a health psychology book, *Hypnosis and Behavioral Medicine*, four books on meditation including *Transformations of Consciousness* and *Pointing Out The Great Way*, and two books in collaboration with H.H. The Dalai Lama. Dr. Brown's background in both Western and Eastern meditation traditions offers a unique integration of the contemporary Western research on peak performance and positive psychology and the classical Buddhist meditation lineage traditions.

ACCREDITATION

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 14.50 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit*[™] to an equivalent number of European CME Credits[®] (ECMECs[®]). Information on the process of converting *AMA PRA Category 1 Credits*[™] to ECMECs[®] can be found at: www.eacme.eu.

Psychologists: The Continuing Education Program at Beth Israel Deaconess Medical School, a major teaching hospital of Harvard Medical School, is approved by the American Psychological Association to offer continuing education for psychologists. The Continuing Education Program at Beth Israel Deaconess Medical School, a major teaching hospital of Harvard Medical School, maintains responsibility for this program and its content. This program offers 14.50 continuing education hours.

Counselors: The Continuing Education Program at Beth Israel Deaconess Medical Center, a major teaching hospital of Harvard Medical School, is an NBCC-Approved Continuing Education Provider (ACEP[™]) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This program meets the criteria for 14.50 clock hours.

Nurses: This activity has been submitted to ANA Massachusetts for approval to award contact hours. ANA Massachusetts is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. For more information regarding contact hours, please call 617-754-1265 or email jflynn2@bidmc.harvard.edu.

Social Workers: Application for social work continuing education credit has been submitted. Please contact Jean-Marie Flynn at 617-754-1265 or email jmflynn2@bidmc.harvard.edu.

New York Social Workers: The Continuing Education Program at Beth Israel Deaconess Medical Center 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 #SW-0473.

License Marriage Family Therapists: Application to New England Association for Family and Systemic Therapy education credit has been submitted. Please contact Jean-Marie Flynn at 617-754-1265 or email jmflynn2@bidmc.harvard.edu.

ABMS/ACGME COMPETENCIES

This course is designed to meet the following American Board of Medical Specialties (ABMS)/ Accreditation Council for Graduate Medical Educational (ACGME) competencies:

- Patient Care and Procedural Skills
- Medical Knowledge
- Practice-based Learning and Improvement
- Interpersonal and Communication Skills

IOM COMPETENCIES

This course is designed to meet the following Institute of Medicine Competencies:

- Employ Evidence-Based Practice

REGISTRATION INFORMATION

Physicians & Doctoral Level Professionals \$495

Nurse Practitioners and other Allied Health Professionals \$425

Residents/Fellows in Training/Students \$295

All course participants will receive a link to a website where they can download the course materials. You can purchase a printed copy at the time of online registration which will be given to you the first day of the conference for \$30. Please note, we will not have hard copies for purchase at the conference.

*All fees shown in USD. Processing (non-refundable service fee) \$10. Registration by credit card (VISA, MasterCard or American Express) or check can be made through Harvard Medical School's secure online registration system at <https://tinyurl.com/2019Meditation>. Registration by check (draft on a United States bank), please make payable to Harvard Medical School. Learners who choose to pay by check will be prompted to download an online form to send in with a payment. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration, you will receive an email confirmation. Be sure to include an email address that you check frequently. Your email address is used for critical information including registration confirmation, evaluation and certificate.

INQUIRIES

By phone 617-384-8600, Monday-Friday, 9 am to 5 pm (EST) or email: ceprograms@hms.harvard.edu

ONLINE INFORMATION

To register or view activity information online, visit:

<https://tinyurl.com/2019MeditationCourse>

DISCLOSURE POLICY

Harvard Medical School (HMS) adheres to all ACCME Accreditation Criteria and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g. planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

REFUND POLICY

Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the conference has started.

COURSE LOCATION

All sessions for this course will be held at the **Fairmont Copley Plaza Hotel**, 138 St. James Avenue, Boston, Massachusetts (Telephone: 800-441-1414).

ACCOMMODATIONS AND TRAVEL

A limited number of rooms have been reserved at the Fairmont Copley Hotel (Tel: 617-267-5300) until **November 12, 2019**. Please specify that you are enrolled in the **HMS Meditation 2019** to receive a reduced room rate. Hotel arrangements can also be made online at:

<https://book.passkey.com/go/hmsmeditationpeakperformance19>. Please do not purchase non-refundable airline ticket(s) until you have received an email from our office confirming your paid registration.

SEMINAR FORMAT

Friday: Registration 7:30 am–8:00 am, 8:00 am–5:15 pm, Saturday: 8:30 am–5:15 pm. Please note coffee and tea will be available during registration and a limited continental breakfast will be served at 10:45 during coffee break.

REGISTER ONLINE AT <https://tinyurl.com/2019MeditationCourse>