CME Webinar

Strengthening Attention with Mindfulness

Thursday, August 19, 2021
6:00 – 7:30 pm

To register:
Email CME@jupitermed.com
or call (561) 263-3477

Amishi Jha, PhD
Professor, Dept of Psychology
Director of Contemplative Neuroscience
University of Miami

Introduction by:
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<th>Credits</th>
<th>1.5 AMA PRA Category 1 Credit(s)™ or 1.5 CEU will be provided.</th>
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<td>Audience</td>
<td>Open to all physicians, APPs and nursing staff.</td>
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<td>Goal</td>
<td>To inform physicians about the brain and body benefits of mindfulness training.</td>
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<td>Objectives</td>
<td>Following this activity, participants will:</td>
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<td>• Describe mindfulness – what it is and prior research on its benefits.</td>
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<td>• Identify failed strategies of attempts to control mind wandering and rumination.</td>
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<td>• Practice mindfulness exercises to strengthen attention and curb mind wandering.</td>
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Financial Disclosure:
The presenters and planners of the program have no relevant financial relationships with ineligible companies.
All relevant financial relationships have been mitigated.

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