

CME ACTIVITY ANNOUNCEMENT

# Mind Body Medicine Train the Trainer

**WHEN:** August 18-19, 2016, 0800-1600

**WHERE:** NMCS D, Bldg 5, CR 2/3



**CME Activity Learning Objectives:**

Upon completion of this activity the participants will be able to:

1. Understand the physiology and health effects of the stress and relaxation response.
2. Gain exposure and learn several techniques to elicit the relaxation response.
3. Be familiar with cognitive restructuring, recuperative sleep and social connection.
4. Facilitate a 6-7 session Mind Body Medicine course.

NMCS D designates this live activity for a maximum of **14 CME/CE credits**. Physicians should claim only the credit commensurate with the extent of their participation in the activity . NMCS D is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Mental Health Service, NMCS D, is approved by the American Psychological Association to sponsor continuing education for psychologists. The Mental Health Service, NMCS D, maintains responsibility for this program and its content.

**For further information and registration, please contact CDR Jeffrey Millegan**

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