

CME ACTIVITY ANNOUNCEMENT

Mind Body Medicine Train the Trainer Workshop

WHEN: February 5-6, 2014

WHERE: NMCS D, Chapel Fellowship Hall

PRESENTERS: CDR Jeffrey Millegan, MD MPH, Mojgan Jahan, PsyD



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. Understand and be familiar with cognitive restructuring.
4. Facilitate a 6-7 session Mind Body Medicine course for patients at NMCS D.

The Naval Medical Center San Diego designates this live activity for a maximum of **14 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**** Naval Medical Center San Diego (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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