

Employee Assistance Program

Mindful Practice in Medicine[®]

The Mindful Practice in Medicine[®] course introduces qualities and techniques to improve the clinical experience. These qualities include the ability to be present, attentive and curious, and to adopt a “beginners mind” with a goal of achieving greater awareness and insight into one’s own work.

Mindful Practice[®] programs, as developed by University of Rochester Medical School faculty, have been shown to have many benefits for participants that include improving resilience and reducing burnout. Beyond wellness goals for physicians, they have also been shown to improve relationships with patients and colleagues and advance quality of medical care.

- Held Tuesdays, September 5 - October 17 from 6-8:30 p.m. at LDS Hospital Education Center
- Cost is \$150 for 8-week course
- Available to physicians, APPs, nurses, NPs and PAs

Accreditation: Intermountain Healthcare is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA Credit: Intermountain Healthcare designates this live activity for a maximum of 18.5¹ AMA PRA Category 1 credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

¹Credit hours are subject to change and are based on actual learning hours and at the discretion of IPCE.



Learn more

Scan the QR code to learn more and to register for this course.



<https://intermountain.cloud-cme.com/course/courseoverview?P=5&EID=29141>

