



Mindfulness and Meditation in Rehabilitation Practice: Better Outcomes, Happier Clinicians, Healthier Workplace

Saturday, September 17, 2016

Assisi Heights, Auditorium

Rochester, Minnesota

Course Director:

Mary K. Claypool, P.T., DScPT, NCS

Course Speaker:

Pauline H. Lucas, PT, DPT, WCS, RYT

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COURSE DESCRIPTION

Meditation, once a practice for spiritual seekers only, has become mainstream. What is meditation, what are the benefits, and how can it be used in the rehab setting? Extensive medical research shows significant benefits of a regular meditation practice, including pain reduction and improved quality of life in patients with chronic pain, better coping and improved self-efficacy for people with difficult diagnoses such as cancer, improved immune function, and reduced health care provider burnout. Therapists are in a unique position to implement meditation and mindfulness techniques not only in our personal lives but also in the care of our patients. In this course, attendees will learn the scientific rationale for meditation and mindfulness, several easy techniques to practice and to teach to patients, and resources to share with patients and coworkers. Participants will create a personal practice and leave with the tools to confidently use basic meditation and mindfulness skills in their practice.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Define stress and describe the neurophysiological changes that result from (chronic) stress.
- Define mindfulness and meditation and briefly list ways to implement them into rehab practice
- Evaluate evidence for the use of meditation and mindfulness to reduce stress, pain, and to prevent/treat clinician burn-out
- Practice and teach basic meditation and mindfulness techniques
- Understand how to document and bill for mindfulness and meditation techniques as (part of) therapeutic intervention.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

INTENDED AUDIENCE

Physical Therapists
Physical Therapist Assistants
Occupational Therapists
Occupational Therapy Assistants
Physicians
Nurses
Health Care Professionals

CREDIT

Sponsored by the Program in Physical Therapy, College of Medicine, Mayo Clinic. This course meets the criteria for 6.0 category I Continuing Education Units per Minnesota Physical Therapy Rules 5601.2400, 5601.2500.



**APPROVED PROVIDER of
CONTINUING EDUCATION**
by The American Occupational
Therapy Association, Inc.

Mayo Clinic - Rochester Campus is an approved provider of continuing education by the American Occupational Therapy Association #5660. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. At the conclusion of this conference, participants will be awarded a certificate for up to 0.6 AOTA CEUs.

At the conclusion of this conference, participants will be awarded a certificate for up to 6.0 contact hours maximum based on actual contact hours. Please see your state specific requirements for O.T. licensure credits.

REGISTRATION

To register online, visit <https://pmr.education-registration.com/login>. The registration fee includes tuition, a downloadable course syllabus, continental breakfast, and designated breaks. Although it is not Physical Medicine and Rehabilitation Therapy Services policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. An email confirmation will be sent upon completion of the registration form.

CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a 25% administrative fee, will be refunded when written notification is received by Physical Medicine and Rehabilitation Education Committee up to 14 days prior to the course. No refunds will be made after that date. The Physical Medicine and Rehabilitation Education Committee reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event a course must cancel or be postponed, the Mayo Clinic – Physical Medicine and Rehabilitation Education Committee will refund the registration fee but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline / travel / lodging agencies.

PARKING

There is parking available for personal vehicles. If you are driving please park only in the designated area (look for signs to “Canticle Park / Additional Parking”) all other spaces at Assisi Heights are reserved for the Sisters, Assisi Heights staff, and tenants.

[Directions](#) to Assisi Heights

FACULTY

Pauline Lucas is a doctor of physical therapy through Northern Arizona University and a board certified women’s health clinical specialist, who received her initial physical therapy training in the Netherlands. She is a certified yoga instructor, mindfulness and meditation teacher, and wellness coach through Mayo Clinic. She has over 30 years of experience working in various aspects of the fitness, wellness and healthcare industry. Dr. Lucas has been practicing at the Mayo Clinic in Arizona for the past 14 years where her focus is on the treatment of people with various orthopedic as well as women’s health conditions. Her treatments integrate yoga and meditation with more conventional physical therapy methods. She is involved in various initiatives and research activities related to integrative medicine. She created and taught the program “Relax at Work”, is a regular presenter on wellness topics for employees, and is currently teaching the popular “Basic Meditation” classes for Mayo Clinic employees, volunteers, and patients. Dr. Lucas is a frequent speaker for local and regional medical and physical therapy conferences, and a national speaker with recent presentations at the American Physical Therapy Association’s Combined Sections Conference. She is a member of Section on Women’s Health of the American Physical Therapy Association and the International Association of Yoga Therapists.

PROGRAM

8:30-9:00	Registration & Continental Breakfast
9:00-9:15	Introductions
9:15-10:15	Stress: Statistics, neurophysiology, effects on health and wellbeing, clinician burnout

10:15-10:30	Break (<i>Provided</i>)
10:30-11:30	Mindfulness and Meditation: history, benefits, evidence
11:30-12:00	Lab: Mindfulness and meditation: personal practice
12:00 - 1:00	Lunch (<i>Provided</i>)
1:00-2:00	Integrating mindfulness and meditation into rehab: treatment plan, documentation, billing, resources, along with case studies
2:00-2:15	Break (<i>Snack Provided</i>)
2:15-4:00	Mindful movement, breathing exercises, meditation techniques (with journaling)
4:00-4:30	Q and A
4:30	Adjourn

REGISTRATION

Please register by September 9, 2016

We now have online registration at the below website: <https://pmr.education-registration.com/login>

You will need to:

1. Find the appropriate course.
2. Create a profile.
3. Complete the registration form.

If questions please contact:

PM&R Therapy Services
 Mayo Clinic (Mayo 14)
 200 First Street SW
 Rochester, MN 55905
 Telephone: (507) 293-1541

Tuition:

PT, PTA, OT, OTA: \$225.00
 AOTA Member: \$200.00

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