MEDITATION:

A Program for Health Professionals

Med 232: \(4 \text{ Audio-Visual DVDs, } \$75\)

Pre-Registration

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Nurses: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by the California Board of Registered Nursing, Provider #CEP19896, and Florida Board of Nursing. This program provides 6 contact hours.

Psychologists: Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides CE credits in the amount of 6 CE hours for psychologists. This program is also approved by the Florida Board of Occupational Therapy, Provider #216.000210. Institute for Brain Potential is recognized by the State Board of Physical Therapy (License No. SP-247), as an approved provider of physical therapy continuing education. Institute for Brain Potential is approved by the California Board of Occupational Therapy, as a PACE provider (#PDC247). This program provides 6 CE hours. Institute for Brain Potential is approved by the NAADAC, the Association for Addiction Professionals, #085192. This program provides 6 CE credits. This program is approved by the American Board of Occupational Therapy (AOTA) #21036. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider with the American Speech-Language-Hearing Association, #SLP247, for the continuing education of speech-language pathology and audiology. This program provides 6 contact hours. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours.

Communications: Approvals from state agencies are pending. For further information contact us. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours. This program is approved by the State of New Jersey Board of Occupational Therapy as an approved provider of occupational therapy continuing education. This program is pending approval by the Florida Board of Occupational Therapy, #PDC247. This program provides 6 CE hours.
FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?

Yes! First, register for the program. You will receive a link to view the program starting July 15 until August 15. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I’d like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting. Can I do this?

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

Understanding Meditation
- Mindfulness (Open Monitoring): awareness of thoughts, feelings, and sensations as a present-centered, non-judgmental state to manage habitual cravings, fears, and anxiety.
- Focused Attention (Closed Monitoring): present-centered states attained by attention to the breath, an image, sound, sensation, or idea.
- The Mindful Brain: mindfulness, anxiety reduction, and calming the amygdala (part of the habit brain); from mind wandering to sustained focus and the prefrontal cortex; compassion, loving-kindness, and the self-aware brain.
- Minding the Body by Embodying the Mind: how the relaxation response calms the adrenaline fight-or-flight response and the cortisol chronic stress response; reducing oxygen consumption, respiratory rate, blood pressure; improving blood flow and immune function.

Meditative Traditions of the East
- Thinking Without Judging: the Indian origin of mindful awareness.
- Thinking in the Here and Now: Yoga breathing (Pranayama), postures (Asanas), and deep state of focused awareness (Samadhi).
- Thinking Without Suffering: suffering is linked to habit-based desire and cravings; meditative pathways through serenity and insight.
- Tibetan Self-Aware Positive Emotions: compassionate mental states including loving-kindness and how this alters brain wave coherence.
- Zen: Thinking About Not Thinking: counting one’s breaths up to ten repeatedly; full absorption in what we experience; sitting meditation and Zazen.

Meditative Adaptations of the West
- The Relaxation Response: the role of a constant mental stimulus (e.g., a sound, word, phrase or prayer repeated silently or audibly, or fixed gazing), a passive attitude, comfortable posture, and quiet environment—connecting meditative traditions of East and West.
- Transcendental Meditation: adaptation of Mantra meditation by Maharishi Mahesh Yogi practiced 15-20 minutes twice daily while sitting with one’s eyes closed; beneficial effects including for hypertension, cortisol related to stress, depression, PTSD, and generalized anxiety.
- Yoga: reducing back and musculoskeletal pain, primary and secondary prevention of cardiovascular disease; improved quality of life for cancer patients and survivors; benefits for healthy people.
- Teachings of the Dalai Lama: focus on reducing suffering in ourselves and others by cultivating self-aware emotions of empathy and compassion including self-compassion; beyond craving, a dopamine-driven state, to liking, a present-centered endogenous opioid state.
- Zen: practicing sitting and walking meditations; focusing on the eternal moment of the here and now to appreciate the timeless.
- Mindfulness-Based Stress Reduction: practicing nonjudgmental awareness and its benefits for patients with chronic pain, heart disease, cancer, depression, anxiety, and for healthy people.

Mindfulness-Based and Acceptance-Based Cognitive Therapy: benefits of adding mindfulness to psychological interventions for major depression, bipolar disorder and anxiety disorders.

Neurofeedback: awareness of one’s brain wave activity and benefits for ADHD, anxiety, depression, epilepsy, headaches and insomnia; states of awareness associated with alpha, beta, gamma and theta feedback.

Developing a Personalized Meditation Program
- Taking Time to Experience Timelessness: pathways to identifying meditative states specific to one’s needs.
- Finding Ourselves by Losing Ourselves: selecting from individual and group practices; key resources, books, centers and retreats.
- Judging the Benefits of Non-Judgmental States: combining different meditative traditions including open and closed monitoring, introducing variety and flexibility versus focusing on one tradition at a time.
- Acquiring the Habit of Non-Habitual Thinking: developing a regular meditative practice that enables us to recognize automatic thoughts, feelings, and craving and replace them with positive, life-affirming habits.
- Replacing Fast Thinking with Slow Wisdom: returning to the meditative practice by reminding ourselves that the fast-thinking automatic centers of our habit-driven brain require the slow wisdom of the prefrontal cortex and the non-judgmental mindset.

ABOUT THE INSTRUCTOR

Dennis Marikis, Ph.D. (Ohio State University), is an acclaimed psychologist, clinician, and researcher, with expertise in using meditation and neurofeedback to treat a wide range of disorders occurring in patients seen in medical, dental, and behavioral health practices.

Dr. Marikis has developed and presented training programs for health professionals throughout the United States for over 20 years. An outstanding speaker, Dr. Marikis has appeared on many radio programs and has been known as the “radio psychologist.” Participants appreciate the use of innovative teaching methods including the use of film and the opportunity to practice and experience different meditative practices.

Participants will be able to practice different forms of meditation, view film clips, and develop an experiential and practical understanding of evidence-based practices they can apply to help their clients and to enrich the lives of healthy individuals.

The outline developed by Dr. Marikis for this new program will include key findings for all of the lecture topics, references, books, resources and retreats. In addition to Q & A sessions in class, Dr. Marikis will answer your questions during the second half of the lunch break and by email after the program concludes.