



TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER™
EL PASO

Office of Faculty Affairs
Wellness Program

FACULTY WELLNESS SERIES



MINDFUL MEDITATION

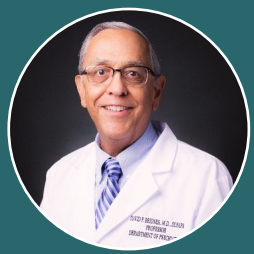
Wednesday, Sept. 2, 2020
Noon – 1 P.M.
Webex Event

Click the Link Below to Register

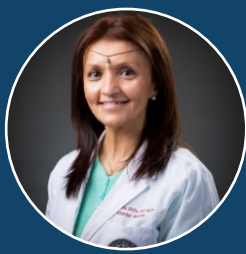
<https://ttuhscep.webex.com/ttuhscep/onstage/g.php?MTID=e cb5f7d71d5e3ff20b8ae77d9792337c3>

Learning Objectives

- Discuss and understand some of the neurobiological foundations of mindful meditation.
- Discuss and learn some basic techniques that will help develop mindful meditation as a coping mechanism.
- Practice a simple, short meditation session that will provide one example of mindful meditation.
- Discuss opportunities that are readily present in almost any setting to practice this valuable tool.



**David F. Briones, M.D.,
DLFAPA**
Director, Faculty Wellness
Program
Professor, Department of
Psychiatry



**S. Claudia Didia, M.D.,
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Associate Professor,
Department of Internal
Medicine
Wellness Champion

To claim CME credit, participants must log on using their full name and remain logged on for the majority (minimum of half of the event), if not the entirety of the CME activity. Webex entry and exit time stamps will be used to validate attendance requirements. Certificates for CME sessions are only available upon request. Participants may request a credit transcript by emailing cmeinfo@ttuhsc.edu.

CME Accreditation:
The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CME Credit Designation:
The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category I Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CME Ethics Credit:
This activity provides 1.0 continuing medical education (CME) credit hours toward the annual requirement of the Texas Medical Board for continuing medical education credit in medical ethics or professional responsibility.

Disclosure Policy:
There are no relevant financial relationships with ACCME defined commercial interests for anyone who was in control of the content for this activity.

For more information, contact the **Faculty Wellness Program** at asienkie@ttuhsc.edu.