

Integrative Medicine: Meditation for Health and Healing

TARGET AUDIENCE

This program is designed for registered nurses working in various practice settings. The content is appropriate for other healthcare professionals such as MSW's, therapists, dietitians, and physicians.

GOAL OF THE PROGRAM

To enable the learner to recognize self-care needs and utilize meditation to improve health of self and patients by reducing stress and improving focus.

PROGRAM OBJECTIVES

At the conclusion of this program the participant will be able to:

1. Increase self-awareness, self-exploration, and self-observation.
2. Reduce stress, burn-out, and compassion fatigue.
3. Increase self-care, self-healing, human compassion and connection.
4. Discuss the Four Paths of Yoga.
5. Integrate activities which reduce distractions and increase focus.

COURSE DESCRIPTION

This program is designed to explore the mind-body connection, with concentration on the health benefits of meditation and related relaxation and focus techniques. Research has documented increased stress in our professional, public, and private lives and the toll it is taking on our health and practice. We will learn how meditation can be still or moving and only one small component of yoga is stretching. We will also look at how losing focus makes us more prone to making errors and discuss how medication errors, surgery on the wrong limb, car accidents, and slip/fall incidents are within our locus of control.

Professor Legshe, a former Buddhist monk, and Jerry Smith-Guidry, a yoga instructor, will teach, demonstrate, and work with us to increase self-awareness, reduce stress and compassion fatigue, and increase self-care human connection. Prepare for a day of introspection, increased understanding, and use of techniques to relax, focus, and reduce stress. Wear comfortable clothing and shoes, bring a pillow or mat if you choose, and consider bringing your favorite cup or mug for coffee, teas, or hot cocoa.

AGENDA

December 13, 2013

- 7:45-8:15 Registration and Continental Breakfast
- 8:15-8:25 Welcome and Announcements
Pat Miller
- 8:25-9:20 Self: Awareness, Exploration, Observation
Ngawang Legshe
- 9:20-10:20 Stress, Burn Out, Compassion Fatigue: Letting Go
Ngawang Legshe
- 10:20-10:35 Break
- 10:35-11:30 Self-care Through Caring for Others
Ngawang Legshe
- 11:30-12:30 Lunch Break (Available on site through the Petroleum Club, \$18.00 cash or check payable to Petroleum Club or participants may leave and return at 12:30 PM)
- 12:30-1:30 The Four Paths of Yoga
Jerry Smith-Guidry
- 1:30-1:45 Break
- 1:45-2:45 Physical Application
Jerry Smith-Guidry
- 2:45-2:55 Evaluation and Intent

CONTINUING EDUCATION

University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Louisiana State Board of Nursing – Provider # 9.

To receive 5.0 contact hours, the participant must attend the entire program, and complete and submit the Contact Hour and Evaluation forms.

DISCLAIMER

American Nurses Credentialing Center (ANCC) accreditation applies only to the educational content of the program. University of Louisiana at Lafayette College of Nursing and Allied Health Professions Continuing Nursing Education Program and ANCC Commission on Accreditation does not approve or endorse any product.

FACULTY

Ngawang Legshe, LMSW

Professor Legshe has taught Tibetan studies and social work at Tulane University since 2005. He was ordained by HH the Dalai Lama and was a Buddhist monk for more than twenty (20) years, receiving many gold medals at the Sera Je School, Sera Mahayana Monastic University, and Central Institute of Higher Tibetan Studies. Professor Legshe works with the Louisiana Himalayan Association and other NGO's to support Tibetan communities and continues to teach meditation and dharma studies. His research interests are clinical applications of mindfulness, compassion, and meditative practices in understanding the mind and its potential.

Jerry Smith-Guidry, MS, LMT, E-RYT500

Ms. Smith-Guidry graduated from USL with a BS in Psychology and earned a Masters in Psychology and Applied Physiology from Meridian University. She also earned a Master of Metaphysical Science from the University of Metaphysics. Jerry is a certified yoga instructor from the Jivamuki Yoga School and the White Yoga Foundation and is a licensed, registered yoga instructor at the 500 hour level with the Yoga Alliance. She teaches yoga, teaches others to become yoga instructors, and is the founder of Acadiana Yoga and Wellness.

SPECIAL NEEDS

University of Louisiana at Lafayette will seek to accommodate persons with special needs. If you have a special need which may require accommodations, please notify Continuing Nursing Education, (337) 482-6682 or email nursing_ce@louisiana.edu five (5) days in advance to make arrangements.

REFUND POLICY

REFUNDS WILL BE PROVIDED UNTIL DECEMBER 9, 2013. NO REFUNDS WILL BE MADE FOR CANCELLATIONS AFTER DECEMBER 9, 2013. FEE MAY BE APPLIED TO ANOTHER PROGRAM IF YOU CANCEL AT LEAST ONE DAY PRIOR TO THE PROGRAM.

For your convenience, the College of Nursing accepts telephone registrations with payment at the door. However, if the registrant fails to attend and does not pay registration, a bill will be mailed to the registrant.

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December 13, 2013

REGISTRATION FORM

Name: _____
(Last) (First) (Middle)

Address: _____

City: _____ State: _____ Zip: _____

Phone (H): _____ (W): _____

E-mail: _____

Employer: _____

NON-PROFIT ORG
U.S. POSTAGE
PAID
PERMIT NO. 218
LAFAYETTE, LA
70504

(CHECK ONE)	
REGISTRATION	
_____ Individual	\$80.00
_____ Subscriber Participant	\$15.00
_____ Retired RN	\$30.00
_____ Undergraduate Students and Dietetic Interns	\$10.00
_____ Graduate Students	\$40.00

Please add \$10.00 for registrations received after Monday, December 9, 2013.

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FOR MORE INFORMATION, CALL 337-482-6682

PLEASE MAKE CHECK PAYABLE TO:

UL Lafayette
College of Nursing & Allied Health Professions

MAIL WITH REGISTRATION INFORMATION TO:

UL Lafayette
College of Nursing & Allied Health Professions
CONTINUING NURSING EDUCATION
P.O. Box 43810
Lafayette, LA 70504-3810
Phone: 337-482-6682
Fax: 337-482-5053
Email: nursing_ce@louisiana.edu
Web: www.nursing.louisiana.edu



University of Louisiana at Lafayette
College of Nursing and Allied Health Professions
Continuing Nursing Education Program
P.O. Box 40400
Lafayette, LA 70504
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University of Louisiana at Lafayette
College of Nursing and Allied Health Professions
Continuing Nursing Education Program



~Presents~



Integrative Medicine: Meditation for Health and Healing

Friday, December 13, 2013
8:15 AM – 3:00 PM

Contact Hours: 5.0

2013-2014 Subscribers

Abbeville General Hospital
Acadiana Brain Injury Center
Complete Home Health
Cornerstone Village South
First Option Home Health
Heart Hospital of Lafayette
Lafayette General Medical Center
Lafayette Juvenile Detention Home
Lafayette Parish School System - Nursing Health Services
Lafayette Surgicare
Louisiana Nursing Home Association – Region III
Oncologics, Inc.
Our Lady of Lourdes Regional Medical Center
Post Acute Specialty Hospital of Lafayette
Region IV Nurses
South Louisiana Community College
The Regional Medical Center of Acadiana
University Hospital and Clinics
Women's & Children's Hospital

Presented at
Petroleum Club of Lafayette
111 Heymann Blvd
Lafayette, LA