

Positive Psychology and Mind-Body Interventions for Mental Wellbeing

Enduring Material Template

Participants must be aware of the following information before the start of the educational activity:

- Learning objectives
 - Examine the role of positive psychology for mental and physical wellbeing during societal and individual periods of stress and trauma.
 - Review studies on resilience and wellbeing outcomes among groups with previous trauma experiences.
 - Apply mind-body interventions in health care.
 - Examine the courage as an intervention in troubling times.
 - Describe the role of meaning and life purpose as an intervention and conduct applications for wellbeing.
- The principal faculty and their credentials
 - John Arden, PhD
 - Anna Lembke, MD
 - Liana Lianov, MD, MPH
 - Darshan Mehta, MD
 - Kristen Nishimi, PhD
 - Cynthia Pury, PhD
 - Michaéla Schippers, PhD
- Disclosure information (see below);
- Medium or combination of media used;
- Method of participation in the learning process;
 - View presented content
 - Complete testing component (A score of 80% or higher is required to earn credit).
- Estimated time to complete the educational activity;
 - 6 hours
- Dates of the original release and the termination date of the activity;
 - Release Date 10/1/2022
 - End Date 10/1/2023
- Accreditation and Designation Statements (see below)

Accreditation Statement & Designation Statement

In support of patient care, Rush University Medical Center is jointly accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing education for the healthcare team.

This activity is being presented without bias and without commercial support.

Rush University Medical Center designates this internet enduring material activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only credit commensurate with the extent of their participation in the activity.

Rush University Medical Center designates this enduring material activity for a maximum of 6.0 nursing contact hour(s).

Rush University Medical Center designates this activity for 6.0 CE credits in psychology.

Rush University is an approved provider for physical therapy (216.000272), occupational therapy, respiratory therapy, social work (159.001203), nutrition, speech-audiology, and psychology by the Illinois Department of Professional Regulation.

Rush University designates this internet enduring material for a maximum of 6.0 continuing education credits for physical therapists, occupational therapists, respiratory therapists, social workers, nutritionists, speech pathologists, audiologists, and/or psychologists.

Disclosure Information

All presenter and planner disclosure information needs to be displayed before the activity begins with the following two paragraphs.

As a provider of continuing education, Rush University Medical Center asks everyone who has the ability to control or influence the content of an educational activity to disclose information about all of their financial relationships with ineligible companies within the prior 24 months. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. Individuals must disclose regardless of their view of the relevance of the relationship to the education. Mechanisms are in place to identify and mitigate any potential conflicts of interest prior to the start of the activity. All information disclosed must be shared with the participants/learners prior to the start of the educational activity.

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Individuals in control of content have disclosed the following:

John Arden, PhD	None
Anna Lembke, MD	None
Liana Lianov, MD, MPH	None
Darshan Mehta, MD	Royalty, McGraw-Hill; Consultant, Merck
Kristen Nishimi, PhD	None
Cynthia Pury, PhD	None
Michaela Schippers, PhD	None

All of the relevant financial relationships listed for these individuals have been mitigated. The remaining course director(s), planner(s), faculty, and reviewer(s) of this activity have no relevant financial relationship(s) with ineligible companies to disclose.