

Meditation 201

A) Notice of requirements for successful completion

This program is designed for nurses and other health care providers with an interest in the origins, theory and practice of meditation for the betterment of the patients under their care and for themselves. It is only through full self-realization that a person can truly, “be in the moment,” fully aware and accessible to themselves and their patients. The ability to resolve stress, whether it derives from illness, caring for illness or the general activities of life, is integral to the concept of wellness, physically, mentally and spiritually.

- Learning Objectives: Upon completion of this course the participant will be able to:
 - Define meditation
 - Describe the interpretation of dream image(s) from both a Jungian and Gestalt perspective.
 - Outline a visualization exercise that addresses issues at all seven chakra levels
 - Compare the spiritual views and commitments of Fowler’s Seven Stages of Faith
 - Explain the principles and practices of Acceptance and Commitment Therapy
 - Outline how Acceptance and Commitment Therapy can be applied to the management of a patient’s pain
 - Describe how the principles and practices of couples-meditation can be applied to the hospital settings when one of the partners is hospitalized
 - Outline how the principles and practices of family-meditation can be tailoring it to hospital settings when a member of the family is hospitalized
 - Detail how an aging patient can most fruitfully view and experience their approaching death, employing both Jungian and Eriksonian developmental models regarding individuation and ego-integrity, respectively,
 - Describe the use of the principles and practices of meditation to maintain healthy boundaries between herself and her patient
 - Summarize, from all he/she has learned in this course regarding his/her patients, how these principles and practices can be employed in order to take care of him-/herself as well as the patient in the many stressful situations that comprise the nurse’s daily work.
 - Summarize the steps of meditation practice

- Criteria for earned credit:
 - To earn the approved contact hours of credit the participant must complete the reading of all materials and correctly answer all quiz questions.
 - The participant must complete the course evaluation questionnaire.
 - Courses have a timer that does not allow a participant to proceed through the program in less than the allotted time. Utilizing the Mastery approach to learning, there are quiz questions throughout the course that reinforce the key concepts of the course. Questions must be answered correctly to proceed through the course.

B) Disclosure of Conflicts of interest

- The planners and presenters report no conflict of interest and agree to present the material of this course without bias or promotion

C) Any sponsorship or commercial support

- This program has not received financial support from any commercial interest.

D) Non-endorsement

- ***“Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific product or modality in the care of clients.”***

F) Expiration Date for awarding Contact Hours

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

AHNA approval code 1069.

Approved to award 6 CNE contact hours through February 20, 2017