Wellness Across the Lifespan: Psychological Science Update for Clinicians and Coaches

April 29-30, 2016
Loews Minneapolis
Minneapolis, MN

Course Director
Kristin Vickers Douglas, Ph.D.

REGISTER ONLINE NOW! ce.mayo.edu/node/4058
Course Description
We are delighted to invite your participation in the Wellness Across the Lifespan: Psychological Science Update for Clinicians and Coaches course. This highly engaging course will keep you learning, discussing, and moving. The course emphasizes adult learning principles so you will have time to consider very practical and personally relevant applications of the course content. Wellness is a priority for quality of life across the lifespan. Behind the clinical and coaching strategies commonly used to enhance health behavior change and overall wellness, is a foundation of psychological science spanning several decades. Learn about the newest science and applications of wellness interventions for children, families, and adult brains and bodies over time.

This 2016 course will include experts in psychological science, wellness interventions, and clinical applications of wellness science and practice. In addition to engaging lectures, this course will include time for formal and informal physical activity and mindfulness to maintain participant energy and motivation. Break-out seminars will provide demonstration, rehearsal and feedback (optional) in application of course topics. Thought provoking lectures include expert opinion on controversies in wellness coaching and common barriers to wellness vs. disease models of care.

Collaborative learning experiences and networking opportunities will encourage peer-to-peer discussion of wellness approaches across the lifespan. Early registration is encouraged, as space is limited. Kristin Vickers Douglas, Ph.D., ABPP, LP, expert in clinical health psychology, patient education, health behavior change, and wellness coaching is the course director.

Course Learning Objectives
Upon conclusion of this program, participants should be able to:

- Review the state of the science related to wellness approaches, emphasizing decades of existing literature related to current practices.
- Identify applications of wellness concepts over time, with approaches relevant across the lifespan.
- Practice adult learning and wellness strategies through active participation in session content.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

Intended Audience
Psychiatrists, Psychologists, Primary Care Physicians, Nurses, Wellness Coaches, Social Workers and other healthcare professionals interested in wellness interventions.

Credit
Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 11 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

APA
The Department of Psychiatry and Psychology at Mayo Clinic, Rochester is approved by the American Psychological Association to sponsor continuing education credits for psychologists. The Department of Psychiatry and
Psychology at Mayo Clinic, Rochester maintains responsibility for this program and its content.

CE
Contact Hours: 11.0
This activity is designed according to the Minnesota Board of Nursing rules for continuing education.

AOA
This program has been accredited by the American Osteopathic Association for 11 credits of AOA Category 2-A.

Other Health Care Professionals
A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Date and Location
The Wellness Across the Lifespan: Psychological Science Update for Clinicians and Coaches course is held April 29-30, 2016. Course headquarters are located in Loews Minneapolis, Minneapolis, MN.

Registration
To register, visit https://ce.mayo.edu/node/4058
The registration fee includes tuition, comprehensive electronic course syllabus, continental breakfasts, break refreshments and reception. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration.

Registration Fees
Physician/Scientists $500
Allied Health: PAs, ARNPs, RNs, LICSW, LMHC, LMFT $400

Cancellation Policy
If you cancel your participation in this course, your registration fee, less a $75 administrative fee, will be refunded when written notification is received by Mayo School of CPD on or before Friday, April 15, 2016 (cme-jax@mayo.edu or fax#: 904-956-3096). No refunds will be made after Friday, April 15, 2016. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

For additional information, contact:
Mayo School of Continuous Professional Development
Website: ce.mayo.edu
E-mail: cme-jax@mayo.edu
Phone: 800-462-9633
Fax: 904-956-3096

Lodging Accommodations and Travel
Loews Minneapolis Hotel
601 1st Avenue North
Minneapolis, MN 55403
877-878-5670

Course headquarters are located at Loews Minneapolis Hotel, located in the heart of downtown Minneapolis, minutes from the city’s best shopping and entertainment and walking distance to Fortune 500 companies via Skyway. A block of guest rooms, single/double occupancy are reserved for attendees and their guests at the group rate of $179 per night, plus tax. Call reservations at 877-878-5670 and identify yourself as a participant of the Mayo Clinic Wellness Across the Lifespan: Psychological Science Update for Clinicians and Coaches course.
Early reservations are recommended due to the limited number of rooms available. In order to receive the special group rate, reservations must be made before room block is filled or before Tuesday, April 5, 2016. Check-in time is after 4 p.m. and check-out time is before noon. Parking charges are subject to change without notice. Valet parking is available at a rate of $39 overnight, maximum based upon availability. Minneapolis-St. Paul International Airport (MSP) is located 30 minutes from the Loews Minneapolis Hotel.

Lodging arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

You may also wish to visit www.exploreminnesota.com for recreation and leisure activities.

Faculty

Mayo Faculty


Faculty Disclosure

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

National Physician Payment Transparency Program

Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).
# Program Agenda

## Friday, April 29, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Registration and Breakfast</td>
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<tr>
<td>8:15</td>
<td>Welcome and Introduction</td>
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<tr>
<td>8:45</td>
<td>Science Informing Wellness Approaches: What’s New and Not At All New</td>
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<tr>
<td>9:15</td>
<td>Wellness Behavioral Science Research from Mayo Clinic</td>
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<tr>
<td>9:45</td>
<td>Wellness with Pain: Mind Body Pain Management</td>
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<tr>
<td>10:15</td>
<td>Break: Walk/Talk/Think/Stretch/Move</td>
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<tr>
<td>10:30</td>
<td>Sexual Health, from a Wellness Perspective</td>
</tr>
<tr>
<td>11:00</td>
<td>Wellness and Weight</td>
</tr>
<tr>
<td>11:30</td>
<td>Positive Psychology Science and Practice: People and Approaches to</td>
</tr>
<tr>
<td>Noon</td>
<td>Lunch (On Your Own)</td>
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<tr>
<td>1:00</td>
<td>Breakout (Choice of Six Concurrent Sessions)</td>
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<tr>
<td>2:00</td>
<td>Break</td>
</tr>
<tr>
<td>2:15</td>
<td>Breakout (Choice of Six Concurrent Sessions)</td>
</tr>
<tr>
<td>3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:30</td>
<td>Question and Answer; Synthesis</td>
</tr>
<tr>
<td>4:00 pm.</td>
<td>Learn from Each Other and Reception</td>
</tr>
</tbody>
</table>

**Friday Breakout Options (1:00 pm or 2:15 pm)**

- **A** - Weight Management: Applying Newest Science  
  Karen Grothe, Ph.D., L.P.
- **B** - Wellness Approaches to Pain Management  
  Eleshia J. Morrison, Ph.D., L.P.
- **C** - Brain Wellness and Aging  
  Daniel E. Rohe, Ph.D., L.P. and Jeffrey S. Smigielski, Ph.D., ABPP, L.P.
- **D** - Practical Application of N.E.A.T. Science  
  Nolan W. Peterson
- **E** - Self-compassion Science and Practice  
  Cesar A. Gonzalez, Ph. D., ABPP, L.P.
- **F** - Try it out: Mindfulness and Gentle Yoga  
  Jamie L. Friend

## Saturday, April 30, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Breakfast</td>
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<tr>
<td>8:15</td>
<td>Welcome and Goal-Setting Science to Practice</td>
</tr>
<tr>
<td>8:45</td>
<td>Wellness for Families</td>
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<tr>
<td>9:15</td>
<td>Wellness with Illness</td>
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<tr>
<td>9:45</td>
<td>Overcoming Fear and Avoidance</td>
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<tr>
<td>10:15</td>
<td>Break: Walk/Talk/Think/Stretch/Move</td>
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<tr>
<td>10:30</td>
<td>Healthy Body, Healthy Mood: Strategies for Teens</td>
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<tr>
<td>11:00</td>
<td>Brain Wellness and Aging</td>
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<tr>
<td>11:30</td>
<td>Wellness for You, as You Help Others be Well</td>
</tr>
<tr>
<td>Noon</td>
<td>Lunch (On Your Own)</td>
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<tr>
<td>1:00</td>
<td>Breakout (Choice of Six Concurrent Sessions)</td>
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<td>3:15</td>
<td>Break</td>
</tr>
<tr>
<td>3:30</td>
<td>Question and Answer; Synthesis</td>
</tr>
<tr>
<td>4:00 pm.</td>
<td>Thank you and Dismiss</td>
</tr>
</tbody>
</table>

**Saturday Breakout Options (1:00 pm or 2:15 pm)**

- **A** - How Parents Can Help  
  Bridget Biggs, Ph.D., ABPP, L.P. and Jarrod M. Leffler, Ph.D., ABPP, L.P.
- **B** - Useful Metaphors in Conversations about Health and Change  
  Julia R. Craner, Ph.D.
- **C** - Wellness Coaching: Update on National Competencies and Mayo Clinic Training Program  
  Jennifer S. Packard, M.A. and Brooke L. Werneburg
- **D** - Reliable Resources for Behavior Change  
  Shawna L. Ehlers, Ph.D., ABPP, L.P.
- **E** - Guiding Conversations and Taking Action: Strategies with the Distressed  
  Kristin S. Vickers Douglas, Ph.D., ABPP, LP & Craig N. Sawchuk, Ph.D., L.P.
- **F** - Try it out: Mindfulness and Gentle Yoga  
  Jamie L. Friend
If you already received a copy of this brochure, please give this brochure to an interested colleague.

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