

Faculty/Contributors

The following individuals contribute to the educational content of this session:

Brian Rees, MD, MPH; Robert Herron, PhD, MBA

Professions

This activity provides continuing education credit for the professions listed below; a Statement of Participation is also available to participants who do not seek continuing education credit or whose profession is not listed below.

| Profession | Details | Contact hours |
|----------------------|---|---------------|
| Physicians | AMA PRA Category 1 Credit™ | 1.00 |
| Nurses | American Nurses Credentialing Center | 1.00 |
| Nurse Practitioners | American Association of Nurse Practitioners | 1.00 |
| Pharmacists | ACPE Universal Activity Number 0829-9999-18-272-H04-P | 1.00 |
| Pharmacy Technicians | ACPE Universal Activity Number 0829-9999-18-272-H04-T | 1.00 |
| Non-Physician CME | AMA PRA Category 1 Credit™ | 1.00 |
| Psychologists | Psychologist, APA | 1.00 |
| Other Participants | | 1.00 |

Further information on accreditations appears below.

Educational outcomes

To support the attainment of knowledge, competence, and performance, the learner should be able to achieve the following outcomes:

1. Describe elements of Transcendental Meditation (TM) practice and some of its effects
2. Differentiate Cognitive Behavioral Therapy effects & acceptability from those of TM
3. Summarize characteristics of the instrument employed in this study
4. Describe the results and limitations of this study of TM upon posttraumatic stress.
5. APA Participants Only: Describe elements of Transcendental Meditation (TM) practice and its application to psychiatric/psychological practice
6. APA Particpante Only: Compare effects of Cognitive Behavioral Therapy vs. those of TM for the psychiatric/psychological patient.
7. APA Participants Only: Describe the results and limitations of this study of TM upon psychiatric/psychological patients with posttraumatic stress disorder.

Faculty, planners, and staff disclosure information

As an accredited provider of continuing education for health professionals, it is the policy of Professional Education Services Group (PESG) to require the disclosure of potential conflicts of interest from anyone who is in a position to control the content of an educational activity. All relevant financial and/or non-financial interests with any commercial interests and/or manufacturers must be disclosed to participants at the beginning of each activity. PESG staff and the planners and reviewers of this educational activity have nothing to disclose. The faculty and developers of this educational activity have no relevant financial and/or non-financial interests to disclose.

This continuing education activity provides CE/CME credits (contact hours, CEUs) for:

- Physicians
- Nurses
- Nurse Practitioners
- Pharmacists
- Pharmacy Technicians
- Non-Physician CME
- Psychologists
- Other Participants

Accreditation statement

Physicians:



This activity has been planned and developed in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the sponsorship of Professional Education Services Group (PESG). Professional Education Services Group (PESG) is accredited by the ACCME to provide continuing medical education (CME) for physicians.

ACCME
ACCREDITED

Professional Education Services Group designates this CME activity for a maximum of 1.00 hours of *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses:



Professional Education Services Group (PESG) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA.

Professional Education Services Group designates this CNE activity for a maximum of 1.00 Contact Hours. Nurses should only claim credit commensurate with the extent of their participation in the

activity.

Nurse Practitioners:

This activity has been planned and implemented in accordance with the accreditation Standards of the American Association of Nurse Practitioners (AANP) through the joint providership of Professional Education Services Group and the %CLIENT%. Professional Education Services Group is accredited by the American Association of Nurse Practitioners as an approved provider of nurse practitioner continuing education. Provider number: 031105.

This program has been granted a maximum of 1.00 contact hours.

Pharmacists:



Professional Education Services Group is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. ACPE Universal Activity Number: 0829-9999-18-272-H04-P. This activity will provide up to 1.00 contact hours (0.10 CEUs) of continuing education credit. Release date: 26 November 2018.

Professional Education Services Group designates this as a Knowledge-based activity.

There is no cost to participate in this activity. Participant CE records will be electronically communicated to CPE Monitor.

Pharmacy Technicians:



Professional Education Services Group is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. ACPE Universal Activity Number: 0829-9999-18-272-H04-T. This activity will provide up to 1.00 contact hours (0.10 CEUs) of continuing education credit. Release date: 26 November 2018.

Professional Education Services Group designates this as a Knowledge-based activity.



Professional Education Services Group (PESG) is accredited by the ACCME to provide continuing medical education (CME) for physicians. This activity has been planned and developed in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the sponsorship of Professional Education Services Group (PESG).

Psychologists:

Professional Education Services Group (PESG) is approved by the American Psychological Association to sponsor continuing education for psychologists. PESG maintains responsibility for this program and its content.

This activity provides 1.00 hour of continuing education, 1.00 **CE Credit**. The instructional level of this activity is intermediate. There is no cost to participate.

Other Participants:

This statement of participation may be used for professional education CE credit. Please consult your accrediting organization or licensing board for their acceptance of this CE activity.

This activity has been planned, accredited, and implemented in accordance with the guidelines set forth by the following organizations: ACCME; ANCC; AANP; ACPE; Non-Physician; APA .

Unapproved/off-label use disclosure

PESG requires CE faculty to disclose to the participants:

1. When products or procedures being discussed are off-label, unlabeled, experimental, and/or investigational (not US Food and Drug Administration [FDA] approved); and
2. Any limitations on the information presented, such as data that are preliminary or that represent ongoing research, interim analyses, and/or unsupported opinion. Faculty may discuss information about pharmaceutical agents that is outside of FDA-approved labeling. This information is intended solely for CE and is not intended to promote off-label use of these medications. If you have questions, contact the medical affairs department of the manufacturer for the most recent prescribing information.

Method of Participation

In order to claim credit, participants must complete the following:

1. Watch, read, and/or engage in the activity.
2. Complete the CE post-test and evaluation. Participants must achieve a score of 80% on the post-test. Upon successful completion of the online test and activity evaluation, you can instantly download and print your certificate of credit. For Pharmacists and Pharmacy Technicians, this information will be reported to CPE Monitor.

CME Inquiries

This continuing education activity is active starting 21 November 2018 and will expire on **25 November 2019**.

Estimated time to complete this activity: 1.00 hour. For all CME related inquiries, please contact us at

cds_support+amsus@pesgce.com (mailto:cds_support+amsus@pesgce.com?subject=CE/CME%20Question%20for%20Session%20ID%206345).