

Learning Objectives

for Participating Health Care Professionals

Transforming Anxiety and Stress by Integrating the Embodied Mind

Teacher: Daniel J. Siegel, M.D.

At the end of the program, you will be better able to:

1. Describe the difference between anxiety and stress, and the role of worry.
2. Identify the Four Facets of Mind and understand how they relate to the experience of anxiety.
3. Define neuroplasticity and why it is important to the transformation of anxiety.
4. Describe the distinction between sensation and preoccupation, and neurophysiological techniques to reduce anxiety.
5. Explain “stress” from an IPNB lens in order to build resilience and a growth mindset.
6. Explain hormetic stress and identify the four practices to increase stress resilience.

Continuing Education content level: Introductory

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- The SCA is a provider approved by the California Board of Registered Nursing, Provider Number CEP16887 for 9 contact hours.