

## **CME Information/Disclosures:**

### **Mindful Communication/Mindful Relationships Program**

**CME Accreditation:** In support of improving patient care, this activity has been planned and implemented by Continuing Education, Inc. and Pause and Presence Coaching.

Continuing Education, Inc. is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Designation:**

**Continuing Education, Inc. designates this live activity for a maximum of 12 *AMA PRA Category 1 Credits*™. Each physician should claim only the credit commensurate with the extent of their participation in the activity.**

**CME Objectives:**

1. Recognize habitual thought patterns and unhelpful communication habits that are causing stress and distress in relationships
2. Learn tools and strategies to improve communication and connection in loving relationships.
3. Be able to apply mindfulness and mindset tools to relationship challenges.
4. Comprehend the impact of shame, guilt, and lack of self-compassion on relationships and develop new actionable and more effective strategies to utilize going forward.