



HARVARD MEDICAL SCHOOL

THE HERBERT BENSON, MD COURSE IN

Mind Body Medicine

Oct 23–25
2019
Boston, MA

How to incorporate mind body medicine into day-to-day practice to improve care of patients with stress-related conditions

The acclaimed
HERBERT BENSON, MD
Mind Body Medicine Education
and Skills Development Program

The science of stress and impact of
stress management and resiliency on
patients and their clinical care

How to get started with or advance your
use of mind body medicine to enhance:

- Treatment outcomes
- Prevention
- Quality of life
- Your own self-care

Includes patient and provider tools,
clinician checklists, and practice
recommendations



- Anxiety
- Arrhythmia
- Asthma
- Allergies
- Autoimmune disorders
- Cancer
- Crohn's disease
- Chronic pain
- Depression
- Fatigue
- GERD
- Hot flashes
- IBS
- Infertility
- Insomnia
- Migraines
- Nausea
- Neuropathy
- Obesity
- Palpitations
- Parkinson's
- Psoriasis
- PTSD

Full listing inside

Register at MindBody.HMSCME.com



This program is among
the highest-rated Harvard
Medical School CME courses.

Please note that this course sold out
last year. Early registration to the
2019 program is strongly advised.



HARVARD MEDICAL SCHOOL

Dear Colleague,

Whether you are a physician, nurse, psychologist, social worker or therapist, you are likely looking for ways to synthesize the various dimensions of your practice into care for the whole person. Mind body approaches form the foundation of modern self-care, and this course will provide you with the latest research, first-person accounts and practical skill sets to help you incorporate these elements into practice and guide your patients in the use of these self-care techniques.

Mind body approaches like meditation, cognitive skills and positive psychology now boast an impressive evidence base to support their ability to improve—and in some cases, prevent—stress-related illnesses like hypertension, functional bowel diseases and pain syndromes.

The Herbert Benson, MD Course in Mind Body Medicine is taught by leading experts in the field of mind body medicine—including Dr. Helene Langevin, Dr. Charles Raison, and Mr. Dan Harris, who are all pioneers in the science, development and education of self-care interventions.

In addition to clinical approaches and integrative models of care, this program provides:

- Cutting-edge research into the linkages between the brain and the body
- Education on genomics, transcriptomics, metabolomics and how to leverage recent advances in the neuroimaging of contemplative states
- Current data on stress, stress management, and resilience enhancement, and their impacts on patient health and treatment options
- Opportunities for certification

This course is an ideal opportunity both for practitioners new to mind body medicine, who can begin to harness its power to improve patient outcomes, and for those who are already practicing mind body medicine to update their skills and take their care to the next level.

We look forward to seeing you in Boston this October.

Sincerely,

Gregory L. Fricchione, MD

*Director, Benson-Henry Institute for Mind Body Medicine
Massachusetts General Hospital*

HERBERT BENSON, MD



Dr. Benson is the Director Emeritus of the Benson-Henry Institute for Mind Body Medicine and Distinguished Mind Body Medicine Professor of Medicine, Harvard Medical School. He is the author or co-author of more than 180 scientific publications and twelve books. Dr. Benson is a pioneer in mind body medicine — one of the first Western physicians to bring spirituality and healing into medicine. In his 40+ year career, he has defined the relaxation response and continues to contribute to research into its efficacy in counteracting the harmful effects of stress. Dr. Benson's work extends from the laboratory to the clinic to Asian field expeditions, and serves as a bridge between medicine and religion, East and West, mind and body, and belief and science.



Accreditation

PHYSICIANS: The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 21.50 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: This program will be submitted for continuing education credits.

NURSES: This program will be submitted for CNE contact hours.

SOCIAL WORKERS: This program will be submitted for continuing education credits.

NURSE PRACTITIONERS: For the purpose of recertification, the American Academy of Nurse Practitioners Certification Board and American Nurses Credentialing Center accept *AMA PRA Category 1 Credit*[™] issued by organizations accredited by the ACCME (Accreditation Council for Continuing Medical Education). We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit*[™] for re-licensure.

Harvard Medical School and Benson-Henry Institute Faculty

John Abramson, MD, MSc
Margaret Baim, MS, NP
Herbert Benson, MD
Suzanne Bertisch, MD, MPH
Manoj Bhasin, PhD
Anne Brewster, MD
Stanwood Chang
Rana Chudnofsky, MEd
Mary Susan Convery, LICSW
John Denninger, MD, PhD
Michelle Dossett, MD, PhD, MPH

Elizabeth Frates, MD
Gregory Fricchione, MD
Aude Henin, PhD
Jeffrey Huffman, MD
Ted Kaptchuk, BA
Sat Bir Khalsa, PhD
Laura Malloy, LICSW, C-IAYT
John Matthews, MD
Darshan Mehta, MD, MPH
Jacob Mirsky, MD
Uma Naidoo, MD

Olivia Okereke, MD, MS
Elyse Park, PhD, MPH
Giselle Perez, PhD
Katherine Rosa, PhD, CNP, FNP-BC
Ellen Slawsby, PhD
Louisa Sylvia, PhD
Ahmed Tawakol, MD
Ana-Maria Vranceanu, PhD
Peter Wayne, PhD

Keynote Speakers

Helene Langevin, MD

Neurochemist and endocrinologist
Director, National Center for Complementary and Integrative Health (NCCIH)

Charles L. Raison, MD

Mary Sue and Mike Shannon Chair for Healthy Minds, Children & Families
Professor, School of Human Ecology
Professor, Department of Psychiatry
School of Medicine and Public Health, University of Wisconsin-Madison
Director of Research on Spiritual Health
Emory Healthcare, Atlanta, GA

Dan Harris

Co-anchor, *Nightline* and *Good Morning America* (weekend edition), ABC News
Author, *10% Happier*
Meditation practitioner and teacher

Guest Faculty

Keri Layton, ND

Naturopathic Doctor in private practice in Winchester, MA

Jane Oh, MD

Staff Physician, Park Nicollet Health Partners, Minnesota

Cheryl Pascucci, NP

Nurse Practitioner, Baystate Franklin Medical Center, Greenfield, MA

Jonathon Sikorski, PhD

Assistant Professor of Psychiatry and Director of Wellness Education, University of Nebraska Medical Center

James Stahl, MD, CM, MPH

Section Chief, General Internal Medicine, Dartmouth-Hitchcock Medical Center; Associate Professor of Medicine, Geisel School of Medicine

Course Directors

Gregory L. Fricchione, MD

Director, Benson-Henry Institute for Mind Body Medicine
Director, Chester M. Pierce Division of Global Psychiatry
Associate Chief of Psychiatry, Massachusetts General Hospital
Gary Gottlieb, MD Partners HealthCare Chair in Global and Community Mental Health
Mind Body Medicine Professor of Psychiatry
Harvard Medical School

Herbert Benson, MD

Director Emeritus, Benson-Henry Institute for Mind Body Medicine
Massachusetts General Hospital
Distinguished Mind Body Medicine Professor of Medicine
Harvard Medical School

Margaret Baim, MS, NP

Clinical Director, Center for Training
Director, Stress Management and Resiliency Training (SMART) Program
Benson-Henry Institute for Mind Body Medicine
Massachusetts General Hospital

John W. Denninger, MD, PhD

Director of Research, Benson-Henry Institute for Mind Body Medicine
Associate in Psychiatry, Massachusetts General Hospital
Co-Director, MGH/McLean Psychiatry Residency Research Concentration Program
Instructor in Psychiatry, Harvard Medical School

Darshan Mehta, MD, MPH

Medical Director, Benson-Henry Institute for Mind Body Medicine
Massachusetts General Hospital
Education Director, Osher Center for Integrative Medicine
Brigham and Women's Hospital
Instructor in Medicine, Harvard Medical School

PHYSICIAN ASSISTANTS: The National Commission on Certification of Physician Assistants (NCCPA) states that *AMA PRA Category 1 Credits™* are acceptable for continuing medical education requirements for recertification. We would also suggest that learners check with their state licensing board to ensure they accept reciprocity with *AMA PRA Category 1 Credit™* for re-licensure.

CANADIAN ACCREDITATION: The Royal College of Physicians and Surgeons of Canada recognizes conferences and workshops held outside of Canada that are developed by a university, academy, hospital, specialty society or college as accredited group learning activities.

EUROPEAN ACCREDITATION: Through an agreement between the American Medical Association and the European Union of Medical Specialists, physicians may convert *AMA PRA Category 1 Credit™* to an equivalent number of European CME Credits® (ECMECs®). Information on the process of converting *AMA PRA Category 1 Credits™* to ECMECs® can be found at: www.eaccme.eu.

Please contact Jocelyn Meek at (617) 643-6043 or jmeek@partners.org for information on accreditation status.

Course Description

The **Herbert Benson, MD Course in Mind Body Medicine** is an educational and skills development course that delivers best practices for an integrated model of care. The course features a comprehensive and up-to-date scientific review of mind body interactions, detailed description and efficacy of the Benson-Henry care model, skill development workshops, and deliverable tools ready made to support an integrated model of care. Learning will be delivered through didactic lectures, panel presentations, case presentations, Q & A sessions, open discussions, a variety of skill-building workshops and experiential healing modalities.

Learning Objectives

Upon completion of this course, participants will be able to:

- Define the body's response to stress, known as allostasis and allostatic load, and the role it plays in the development or exacerbation of medical conditions
- Recognize how modifiable lifestyle behaviors synchronized to circadian rhythm build resiliency
- Enrich the patient-provider relationship to affect patient outcomes
- Develop skills in a variety of meditation methods that elicit the relaxation response
- Evaluate the epidemiology of provider burnout and its consequences
- Summarize up-to-date, meditation-induced brain imaging changes
- Develop strategies to lower your risk of provider burnout
- Enhance functional expression of empathy to improve clinical performance and personal resiliency
- Apply mind body interventions in the treatment of multiple disease symptomatology
- Assess the influence of gut health and diet on mood
- Improve your ability to motivate patients towards sustainable behavior change
- Deliver a more effective, integrative model of care
- Use newfound skills and tools to improve patient outcomes
- Identify modifiable risk factors for brain health
- Explain the mind body science of depression
- Acquire skill in state-of-the-art cognitive behavioral therapies applied to children, adolescents and young adults with a range of emotional and behavioral problems
- Identify the components of the Benson-Henry Care Model
- Support healthcare change designed to reduce the prevalence of non-communicable diseases
- Define the underlying influences of happiness
- Experience a variety of healing modalities
- Review novel behavioral health interventions designed to influence brain health
- Interpret the signs of cognitive decline and depression as a guide towards prevention

7:30 – 8:00	Registration and Continental Breakfast
8:00 – 8:15	Welcome to the 2nd Annual Herbert Benson Course in Mind Body Medicine Gregory Fricchione, MD and Herbert Benson, MD
8:15 – 9:30	Mind Body Medicine and the Clinical Implications of Brain Evolution Gregory Fricchione, MD
9:30 – 10:45	KEYNOTE The Many Dimensions of Integrative Health Helene Langevin, MD
10:45 – 11:00	<i>Morning Break (Refreshments provided)</i>
11:00 – 12:15	The Hype and Hope of Happiness: Positive Psychology Interventions in Patients with Chronic Medical Illness Jeffrey Huffman, MD
12:15 – 1:30	<i>Break for lunch*</i>
1:30 – 2:45	KEYNOTE Blast from the Past: Understanding Ancient Mind Body Causes of Depression to Optimize 21st-Century Well-Being Charles Raison, MD
2:45 – 4:00	Mastering the Fundamentals of Mind Body Medicine: Knowledge, Skills and BHI's SMART Model of Integrative Care Elyse Park, PhD, MPH
4:00 – 4:15	<i>Afternoon Break (Refreshments provided)</i>
4:15 – 5:15	KEYNOTE 10% Happier Dan Harris



This program is among the highest-rated Harvard Medical School CME courses. Please note that this course sold out last year. Early registration to the 2019 program is strongly advised.

Disclaimer: CME activities accredited by Harvard Medical School are offered solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgment before making clinical decisions of any kind.

Thursday • October 24

7:30 – 8:00 **Continental Breakfast**
7:45 – 8:00 **Morning Meditation (optional)**

8:00 – 9:00 **Education and Skills Development** **Options 1A-1D (Choose one)**

- 1A Understanding Cutting-Edge Advances in Mind Body Medicine**
John Denninger, MD, PhD
- 1B Knowledge and Skills Development Workshop: Gentle Yoga**
Laura Malloy, LICSW, C-IAYT
- 1C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Michelle Dossett, MD, PhD, MPH
- 1D Mind Body Approaches to Treat Chronic Pain**
Ellen Slawsby, PhD

9:00 – 9:10 *Stretch and Move*

9:10 – 10:10 **Education and Skills Development** **Options 2A-2D (Choose one)**

- 2A Placebo Effects in Medicine** Ted Kaptchuk, BA
- 2B Knowledge and Skills Development Workshop: Tai Chi** Stanwood Chang
- 2C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Rana Chudnofsky, MEd
- 2D Therapeutic Touch: Compassion in Action**
Katherine Rosa, PhD, CNP, FNP-BC

10:10 – 10:30 *Morning Break (Refreshments provided)*

10:30 – 11:30 **Education and Skills Development** **Options 3A-3D (Choose one)**

- 3A Epigenetic Aging: Influences of Stress, Lifestyle, Nutrition and Supplements**
Olivia Okereke, MD, MS
- 3B Knowledge and Skills Development Workshop: Tai Chi** Stanwood Chang
- 3C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Katherine Rosa, PhD, CNP, FNP-BC
- 3D Workshop: Tools for Integrating Mind Body Medicine into an Office Visit**
Margaret Baim, MS, NP

11:30 – 11:40 *Stretch and Move*

**There are many convenient and varied lunch options within a short walking distance of the course.*

Program changes/substitutions may be made without notice. To view the most up-to-date version of the course program, please visit the course website.

11:40 – 12:40 **Education and Skills Development** **Options 4A-4C (Choose one)**

- 4A Your Brain on Food: Implications for Mindfulness and Food**
Uma Naidoo, MD
- 4B Knowledge and Skills Development Workshop: Chair and Laughter Yoga**
Laura Malloy, LICSW, C-IAYT
- 4C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice** John Denninger, MD, PhD

12:40 – 2:00 *Break for lunch**

2:00 – 3:00 **Education and Skills Development** **Options 5A-5C (Choose one)**

- 5A Coaching Your Patients to Get Moving**
Elizabeth Frates, MD
- 5B How to Bring Mind Body Medicine to Your Practice: Modern Models of Integrated Care**
Darshan Mehta, MD, MPH
- 5C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Margaret Baim, MS, NP

3:00 – 3:10 *Stretch and Move*

3:10 – 4:10 **Education and Skills Development** **Options 6A-6C (Choose one)**

- 6A Mind Body Medicine and Its Effect on Healthcare Resource Utilization**
James Stahl, MD, CM, MPH
- 6B Resilient Youth**
Rana Chudnofsky, MEd
- 6C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Jacob Mirsky, MD

4:10 – 4:30 *Afternoon Break (Refreshments provided)*

4:30 – 5:30 **Education and Skills Development** **Options 7A-7C (Choose one)**

- 7A Demonstrations of Narrative Healing: How to Guide Your Patients' Use of Storytelling to Promote Health**
Anne Brewster, MD
- 7B BHI Coping Essentials: How to Guide Patients towards the Cultivation of Adaptive Perspectives, Positive Emotions, Humor and Empathy**
Margaret Baim, MS, NP
- 7C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice** Darshan Mehta, MD, MPH

Clinicians Attend This Course from Across the Spectrum of Healthcare Practice

Education and Skills Development for:

- Physicians
- Nurse Practitioners
- Physician Assistants
- Nurses
- Psychologists
- Social Workers
- Counselors
- Dietitians
- Educators
- Health Coaches
- Physical Therapists
- Occupational Therapists
- Residents
- Fellows

...and other health professionals who provide direct patient care or patient education in areas of self-management, lifestyle behaviors and mind body medicine.

Friday • October 25

7:30 – 8:00 **Continental Breakfast**
 7:45 – 8:00 **Morning Meditation (optional)**

8:00 – 9:00 **Education and Skills Development Options 8A-8D (Choose one)**

- 8A Disentangling the Link between Stress and Cardiovascular Disease**
Ahmed Tawakol, MD
 - 8B The Intersection of CBT and Mindfulness in Children**
Aude Henin, PhD
 - 8C BHI-Certified Providers Share Tips on How They Put SMART into Practice**
Jane Oh, MD, Cheryl Pascucci, NP, Keri Layton, ND, Jonathon Sikorksi, PhD, and Mary Susan Convery, LICSW
Moderated by Margaret Baim, MS, NP
 - 8D Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Ellen Slawsby, PhD
- 9:00 – 9:10 *Stretch and Move*

9:10 – 10:10 **Education and Skills Development Options 9A-9D (Choose one)**

- 9A Bringing the Body Back into Mind Body Research**
Peter Wayne, PhD
 - 9B Knowledge and Skills Development Workshop: Yoga**
Sat Bir Khalsa, PhD
 - 9C Introduction to BHI's Wellness Program: Positivity and Relaxation Training (PART)**
Rana Chudnofsky, MEd
 - 9D Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Laura Malloy, LICSW, C-IAYT
- 10:10 – 10:30 *Morning Break (Refreshments provided)*

10:30 – 11:30 **Education and Skills Development Options 10A-10D (Choose one)**

- 10A Yoga: The Underlying Science and the Biomedical Research**
Sat Bir Khalsa, PhD
 - 10B Knowledge and Skills Development Workshop: Tai Chi**
Peter Wayne, PhD
 - 10C Therapeutic Touch: Compassion in Action**
Katherine Rosa, PhD, CNP, FNP-BC
 - 10D Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Rana Chudnofsky, MEd
- 11:30 – 11:40 *Stretch and Move*

11:40 – 12:40 **Education and Skills Development Options 11A-11C (Choose one)**

- 11A The Relaxation Response and Drug-Mediated Resolution of Inflammation**
Manoj Bhasin, PhD
 - 11B The Resilient Clinician: Evidence-Based Strategies for Preventing Burnout and Promoting Well-Being**
Michelle Dossett, MD, PhD, MPH
 - 11C Interactive Small Group Workshop: How to Teach Meditation and Deepen Your Own Practice**
Jacob Mirsky, MD
- 12:40 – 2:00 *Break for lunch**

2:00 – 3:00 **Education and Skills Development Options 12A-12C (Choose one)**

- 12A Targeting Sleep Physiology with Mind Body Therapies: How to Improve Sleep**
Suzanne Bertisch, MD, MPH
 - 12B Data and Impact of SMART**
Giselle Perez, PhD
 - 12C Mind Body Approaches to Treat Chronic Pain**
Ellen Slawsby, PhD
- 3:00 – 3:10 *Stretch and Move*

3:10 – 4:10 **Education and Skills Development Options 13A-13C (Choose one)**

- 13A Acceptance and Commitment Therapy and Compassion-Focused Therapy: Two New Potential Adaptive Strategies to Manage Stress**
John Matthews, MD
 - 13B Resilient Warrior: Mind Body Techniques for Veterans and Their Families**
Louisa Sylvia, PhD
 - 13C BHI-Certified Providers Share Tips on How They Put SMART into Practice**
Jane Oh, MD, Cheryl Pascucci, NP, Keri Layton, ND, Jonathon Sikorksi, PhD, and Mary Susan Convery, LICSW
Moderated by Margaret Baim, MS, NP
- 4:10 – 4:30 *Afternoon Break (Refreshments provided)*

4:30 – 5:30 **Education and Skills Development Options 14A-14C (Choose one)**

- 14A What Doctors Don't Know: The Key to Fixing American Healthcare**
John Abramson, MD, MSC
 - 14B Optimizing Brain Health in Older Adults through Lifestyle and Mind Body Approaches**
Ana-Maria Vranceanu, PhD
 - 14C Mind Body Medicine in Practice: Answering Questions and Addressing Common Concerns**
Gregory Fricchione, MD and John Denninger, MD, PhD
- 5:30 – 5:45 **Putting It All Together**
Gregory Fricchione, MD

Mind Body Medicine Can Improve Your Treatment Outcomes for a Wide Range of Stress-Related Illnesses

Chronic pain	Tinnitus	Seizures	Arrhythmia	Jaw pain/TMJ
Panic	Asthma	Nausea	Fibromyalgia	Parkinson's
Anorexia	IBD	Migraines	Hair loss	Cancer
Hives	ADHD	Psoriasis	Fatigue	PTSD
Stuttering	Memory loss	Neuropathy	IBS	Impotence/low libido
Diabetes	Anxiety	Depression	CVD	Autoimmune disorders
GERD	Insomnia	Addiction	TBI	Infertility
HTN	Palpitations	MS	Obesity	Crohn's disease
Hot flashes				



HARVARD
MEDICAL SCHOOL

Mind Body Medicine

Oct 23–25
2019
Boston, MA

This program is among the highest-rated Harvard Medical School CME courses. Educational highlights include:

- The newest data on the science of stress and stress management and their respective impacts on patient (and clinician) health
- Knowledge and skills to incorporate evidence-based mind body interventions into daily practice to enhance patient outcomes and quality of life
- Clinician tools and checklists
- Resources for your patients
- Certification



Education for
PHYSICIANS
NPs and PAs
PSYCHOLOGISTS
COUNSELORS
RNs
SOCIAL WORKERS



Earn up to 21.50 AMA PRA Category 1 Credits™

Register at MindBody.HMSCME.com



HARVARD MEDICAL SCHOOL

The Herbert Benson, MD Course in

Mind Body Medicine

Course #732983-2001

	Register after September 20, 2019	Register on or before September 20, 2019
Physicians	\$975	\$875 (Save \$100)
Allied Health Professionals, Residents and Fellows	\$875	\$775 (Save \$100)

Your tuition includes continental breakfast each day, morning and afternoon refreshment breaks, and complimentary internet in the meeting room.

Course Materials: All attendees of The Herbert Benson, MD Course in Mind Body Medicine will be provided with an online syllabus. You can purchase a printed copy of the syllabus in advance for \$75, at the time of online registration. **Please note**, however, that the printed syllabus is based upon presentations submitted by speakers in advance of the course; presentations are often updated up to the day of the talk.



Venue

Fairmont Copley Plaza

138 St. James Avenue • Boston, Massachusetts
+1 617-267-5300

Accommodations

Fairmont Copley Plaza has reserved a block of discounted rooms for course participants.

Important to note:

- The number of discounted rooms is limited.
- Discounted rooms are available on a first-come, first-served basis.
- The discounted room rate is only available until September 30, 2019, or until the block sells out, which typically happens well in advance of this date.

To reserve your room:

- **Online:** To reserve your room online, please visit MindBody.HMSCME.com/venue—the Venue page of the course website—and use the dedicated room reservation link.
- **By phone:** If you are calling the hotel rather than using the dedicated link to request a discounted room, please call 1-800-441-1414 and be sure to specify that you are enrolled in this course.

Registration, Payment, Confirmation and Refund Policy

Registrations for Harvard Medical School CME programs are made via our secure online registration system.

To register for this course, please visit the course website at MindBody.HMSCME.com.

At the end of the registration process, a \$10 non-refundable processing fee will be added to your registration, and you will have the choice of paying by check, credit card (Visa, MasterCard, or American Express), or wire transfer in USD. If you are paying by check (draft on a United States bank) or by wire transfer, the online registration system will provide you with instructions for remitting your course fees. Postal, telephone, fax, and cash-payment registrations are not accepted. All fees shown in USD.

Upon receipt of your paid registration, an email confirmation will be sent to you. Be sure to include an email address that you check frequently. Your email address is used for critical information, including registration confirmation, evaluation, and certificate. **Please do not make non-refundable travel arrangements until you have received an email from our office confirming your paid registration.** Refunds, less an administrative fee of \$75, will be issued for all cancellations received two weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the course has started.

Questions? Call 617-384-8600 Monday-Friday 9 am – 5 pm (ET) or send email to CEPrograms@hms.harvard.edu

Register at MindBody.HMSCME.com