

Transcendental Meditation® for nurses: Developing capacity for improved judgment, decision-making and resilience under stress

Activity Date: _____

Location: _____

Purpose Statement: The purpose of this activity is to enable the learner to utilize the Transcendental Meditation program for reducing stress and preventing nurse burnout.

Objectives:

1. The learner will be able to summarize how the TM® technique affects the mind and body and is an effective tool for reducing and preventing nurse burnout.
2. The learner will be able to state the differences between the Transcendental Meditation technique and other meditation practices.
3. The learner will be able to demonstrate correct practice of the Transcendental Meditation technique.
4. The learner will be able to describe the mechanics of stress release and normalization of the nervous system.
5. The learner will be able to describe the first five states of Consciousness.
6. The learner will be able to verbalize benefits professionally and personally as a result of regular practice of the TM technique.
7. The learner will be able to incorporate the twice-daily practice of the Transcendental Meditation technique into their daily routine.

Commercial Interest Organization: Is any entity that directly, or that is owned or controlled by an entity producing, marketing, reselling or distributing healthcare goods or services consumed by or used on patients.

The Nurse Planner, Amy Ruff RN BSN WOCN has reviewed this activity and there are no **Commercial Conflicts of Interest** or potential for bias relevant to the content of this educational activity to disclose.

This activity receives no commercial support or sponsorship.

The planning committee has reviewed this activity to ensure that the educational content of this activity has not been influenced or biased by the Commercial Support or Sponsorship Organization or their representatives.

If you feel that there is a presence of undisclosed commercial interest, bias, or any promotional element during the educational activity you are encouraged to report this on the post activity evaluation or contact the nurse planner.

Successful Completion Requirements to be awarded CE contact hours for this activity are:

1. Attendance at entire event or session/all classes
2. Participation in experiential exercises and completion of at home Meditation Log
3. Completion/submission of course evaluation form

Approval Statement

This continuing nursing education activity was approved by the American Holistic Nurses Association (AHNA), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.