



# Travis County Medical Society

— *Business of Medicine* —



*TCMS Live Business of Medicine and Ethics CME Presentation:*

## Meditation for the Stressed-out Physician

**When:** Tuesday, April 12, 2022 | 12:00 - 1:00 PM

**Where:** Virtual - Zoom

**Speaker:** Michele Hauser, MD

### Course Objectives:

At the conclusion of this program, participants will be able to:

- Discuss how meditation affects the brain.
- Define the steps of mindful meditation.
- Describe the essential elements of a mindfulness practice.
- Review mindfulness resources

**CME:** 1 AMA PRA Category 1 Credit™ with the ethics designation

### About the Speaker:

Dr. Hauser is a native Texan and graduated from UT Medical School at Houston. She is Board certified in General and Child and Adolescent Psychiatry and has practiced in Austin since 1991. She has maintained an active meditation practice for the past 10 years and is trained in Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT). She has been teaching MBCT courses in Austin since 2014.