

Inner Engineering - (10.5 hour session)

To earn CME credit, you must complete all 7 sessions of Inner Engineering and log on to innereengineering.com to take the post-test and survey. You must answer at least 45 of the 56 questions correctly to earn credit. You will be given two attempts to pass the test. The post-test and survey must be completed by December 31, 2017.

Intended Audience:

This activity was developed for physicians and other healthcare providers caring for patients with stress-related health issues in their lives.

Statement of Need:

1. Personal well being for Physicians: Physicians increasingly encounter high levels of stress that has led to severe psychological trauma. In a landmark study in Canada, it was found that two-thirds of physicians reported feeling overworked while another study showed that 48 percent of physicians suffered from advanced burnout. The overwhelming amount of stress has resulted in lifestyle changes affecting the overall health of physicians. Developing specific strategies and providing effective tools that can turn physician stress into physician empowerment is of imminent need.

2. To address knowledge gap in Physicians: A study in 2007 by the U.S. Department of Health and Human Services found that 38% of adult Americans and 12% of American children use complementary and alternative medicine. Moreover various studies have scientifically established the effectiveness of alternative and complementary therapies. It would be helpful for physicians to inform themselves about these therapies so that they can effectively utilize as well as advice their patients about the use of such therapies.

3. Reducing healthcare costs: A report released in 2008 by the Trust for America's Health (TFAH) stated that a strategic investment in effective disease prevention programs could produce tremendous returns (\$16 billion annually) in less than five years. Alternate forms of therapy that can be provided at a very low cost can play a major role in disease prevention by empowering individuals in caring for their health, reducing stress and inducing positive lifestyle changes.

Inner Engineering is a structured program which offers tools to re-engineer one's self through the inner science of yoga. The approach is a modern antidote to stress, and presents simple but powerful processes to purify the system and increase health and inner well being. Inner Engineering establishes a positive and open approach to life improving mental clarity and the ability to handle stressful situations, generating inner

peace and fulfillment. It allows one to maintain high levels of energy throughout the day resulting in enhanced productivity and efficiency.

Physicians and health care clinicians will gain an increased sense of well-being, an increased understanding of a complementary approach to health care issues, and potentially find ways to help reduce healthcare costs by reducing stress related illnesses.

This program will also enhance physician understanding of yoga and meditation, allowing them to provide optimal referral for their patients who are in need of stress reduction in their lives. This stress reduction can help in a variety of health-related issues.

Learning Objectives:

At the conclusion of this initiative, participants will do the following:

1. Practice methods of stress reduction as a way to enhance health and ability to practice medicine effectively
2. Incorporate lifestyle changes in patient treatment protocols.
3. Provide optimal referral for patients with stress-related illnesses
4. Gain additional understanding of the role relaxation, meditation, and yoga can play in human health
5. Provide education and guidance to patients and their families to improve their health

Faculty:

Sadhguru Jaggi Vasudev
Yogi and mystic
Isha Foundation, Inc.
McMinnville, TN

Sadhguru Jaggi Vasudev has disclosed that they have no relevant relationship or financial interests in any commercial company pertaining to this educational activity.

Agenda:

There are 7 videos, each 90 minutes in length. Each video offers intellectual and experiential tools derived from the yogic system. Guided meditations and take-home exercises are also part of the program. Practice support is available by trained teachers who can be contacted anytime during or after the program.

Accreditation and Certification:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education

(ACCME) through the joint providership of Carlat CME Institute and the Isha Foundation, Inc. The Carlat CME Institute is accredited by the ACCME to provide continuing medical education for physicians.

The Carlat CME Institute designates this online activity for a maximum of 10.5 *AMA PRA* Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.”

AAPA accepts Category 1 CME credit for the PRA from organizations accredited by ACCME.

Statements of Credit may be obtained by filling out the evaluation form emailed to you following the program completion and printing one’s certificate.

Disclosure:

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In accordance with the Accreditation Council for Continuing Medical Education Standards, parallel documents from other accrediting bodies, and Carlat CME Institute policy, the following disclosures have been made:

The following faculty have no significant relationship to disclose:
Sadhguru Jaggi Vasudev

The faculty for this activity have disclosed that there will be no discussion about the use of products for non-FDA approved applications.

Additional content planners: In accordance with the Accreditation Council for Continuing Medical Education Standards, parallel documents from other accrediting bodies, and Carlat CME Institute policy, the following disclosures have been made:

All staff at the Carlat CME Institute have nothing to disclose.

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treating and addressing the needs of each individual patient, taking into account that patient's unique clinical situation. The Carlat CME Institute disclaims all liability and cannot be held responsible for any problems that may arise from participating in this activity or following treatment recommendations presented.

This activity is an enduring material and consists of a video series. Successful completion is achieved by viewing the material, reflecting on its implications in your practice, and completing the assessment component.

The estimated time to complete the activity is 1.5 hours for each video for a total of 10.5 hours.

This activity was originally released online in August 2010. This activity has been eligible for CMEs on June 30, 2016 and is eligible for credit through December 31, 2017.