

# Stress Management and Resiliency Training (SMART) Program for Healthcare Professionals

## A Wellness and CME Program for UC Davis Attending Physicians and Advanced Practice Providers

Learn meditation and other mind-body, cognitive, and lifestyle skills for enhancing wellness and improving the quality of patient care in a supportive environment with colleagues. This 8-session evidence-based program was developed at Massachusetts General Hospital and will help you build self-care practices to reduce stress, regain a sense of control, and enhance your quality of life. Participants receive program notes and access to a website with recorded practices. Through the generosity of UC Davis Health Leadership, this program is being offered at no cost.

Participants will learn a variety of mind-body practices and self-care tools:

- Meditative techniques to elicit the Relaxation Response, the body's innate stress buffer
- How to change thought patterns and emotional reactions away from stress-based thinking to improve patient care
- Enhance mindful awareness and reduce physiologic stress to minimize the impact of implicit bias on patient care

Past program participants have said:

- "Excellent program, very well-tailored to the needs of the participants."
- "I definitely feel myself coping with stressors that are out of my control better."

The SMART Program at UC Davis is taught by Dr. Michelle Dossett, a certified SMART teacher and meditation and yoga instructor with over 12 years of experience in teaching these tools to patients and healthcare professionals.

**ACCREDITATION:** The University of California, Davis, Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**Physicians:** The University of California, Davis, Health designates this live activity for a maximum of 4 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurses:** For the purpose of recertification, the American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credit(s)*<sup>™</sup> issued by organizations accredited by the ACCME.

**Physician Assistants:** Physician Assistants may claim a maximum of 4 Category 1 credits for completing this activity. The National Commission on Certification of Physician Assistants (NCCPA) accepts *AMA PRA Category 1 Credit*<sup>™</sup> from organizations accredited by ACCME or a recognized state medical society.



Michelle Dossett, MD, PhD, MPH  
SMART Program Instructor

The program is being  
offered online via zoom

8 Friday afternoons,  
January 23, 30,  
February 6, 13, 20, 27,  
March 6, 13  
noon - 1 pm

To sign up for the course,  
please register here:

[SMART Registration](#)