

MIND/BODY SKILLS FOR RESILIENCE

Breakout Session

Session Chair:

Matthew Fritts, MPH, E-RYT, Senior Program Manager, Samueli Institute

Co-presenters:

Mark Bates, PhD, Director, Resilience and Prevention (R&P), Defense Center of Excellence for Psychological Health and Traumatic Brain Injury (DCoE)

Nisha Money, MD, MPH, ABIHM, Chief Medical Officer, Integrative Health, R&P, DCoE

Dawn Wallerstedt, MSN, Scientific Program Manager, Samueli Institute

Melissa Hunfalvay, PhD, Senior Subject Matter Expert Virtual Reality Technologies, National Center for Telehealth and Technology (T2)

Holly Roselle, M.S., M.A. Performance Enhancement Specialist, Army Center for Enhanced Performance (ACEP)

Monday, Feb. 7, 13:00–14:30

Tuesday, Feb. 8, 12:45–14:15

Learning Objectives:

- Learn 3 types of mind-body skills and how they can help you manage stress, build resilience and enhance performance.
- Discuss challenges to using and implementing mind-body skills, and strategies to overcome them.
- Learn about mind-body programs currently used in the DoD-VA, and where to find more information about them.