



**Brain Injury
Alliance**
I O W A

**25th Annual
Best Practices in Brain Injury Services Conference**

**“Shattering the Myths,
Unmasking the Opportunities”**

**General
Thursday, March 2, 2017
1:00pm - 2:15pm**

Devin RH Smith, MD

Devin Smith studied medicine at the University of Iowa Carver College of Medicine and his residency at the University of Texas Southwestern. His specialties include Inpatient rehabilitation, electromyography, peripheral injections, spasticity management with an interest in body composition modification and elite performance medicine.



**Mindfulness and TBI: Reducing Stress and Enhancing
Health-Related Quality of Life (HRQL)**

Objective:

- Define mindfulness and discuss the use of mindfulness as a skill that can benefit patients, family members, and health care professionals
- Review literature and scientific evidence regarding recent advances of mindfulness based interventions to enhance Health-Related Quality of Life (HRQL) variables among individuals who have experienced TBI
- Introduction and practice of mindfulness based interventions. Attendees will be exposed to and practice several experiential exercises to build mindfulness skills

Target Audience:

Case managers, counselors, professionals

*Not limited to target audience