

Sixth Sense Series Part II

How to Use Your Body to Heal Your Mind

APRIL 2021

MICHAEL MANTZ, MD

SIXTH SENSE SERIES PART I

Dr. Mantz's October 2019 presentation, Sixth Sense: Developing Somatic Intelligence, reviewed fundamental neuroscience related to the sixth sense interoception. Interoception is our ability to perceive our bodily sensations and how this sense is involved with creative problem solving, decision making, empathy and emotional intelligence.

SIXTH SENSE SERIES PART II

This presentation will briefly review the basics of interoception and how our bodily sensations bridge greater access to our non-conscious thinking. Physical sensations are significantly more powerful than our conscious thought. Dr. Mantz will explore how improving interoceptive accuracy can enhance emotional intelligence, empathy and creative problem-solving skills. Other concepts regarding interoception enhance clinical practice by teaching basic attentional practices to patients.

LEARNING OBJECTIVES:

1. Identify the basics about the Sixth Sense (interoception) and how overreliance on active resolution vs. perceptual resolution can result in the development of anxiety and undermine well-being.
2. Explain how interoceptive signals are used to help facilitate creative problem solving, empathy, and emotional intelligence.
3. Describe the fundamental techniques for enhancing your interoceptive awareness and accuracy.

MICHAEL MANTZ, MD, is a board-certified psychiatrist with a master's degree in herbal medicine. He and his partner, Kim Le MD, run the private practice Santa Barbara Integrative Psychiatry, which focuses on mind-health optimization using a unique blend of nutrition, supplements, & pharmacotherapy including Ketamine assisted therapy (KAT). He also provides consulting and speaking services to corporations throughout the country. His website DrMantz.com is dedicated to providing free articles and videos to help teach the public how to strengthen both mind and brain function.

Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine Department invites you to virtually attend its April 2021 presentation.

TUESDAY, APRIL 27, 2021

Noon to 1:30 p.m.
No meals or breaks provided.

Please register for
Sixth Sense Part II: How to Use Your
Body to Heal Your Mind at:

<https://attendee.gototraining.com/r/8874485316727950081>

After registering you will receive a confirmation email containing information about joining the training.

CONTINUING EDUCATION

PHYSICIANS: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

COTTAGE HEALTH EMPLOYEES: send name, email and employee number to: cmanigau@sbch.org

FEES: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

CERTIFICATES: Cottage Health employees will complete evaluations in Compass Learning. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation, please contact the Education Department at (805) 569-7325.

PROGRAM COORDINATORS

Cynthia Manigault, BSN, RN
Carole Reynolds Ingraham, LMFT

EDUCATION CONSULTANT

Christine Block, MSN, RN, SCRNP

TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

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