Watts Scholarship
Application Instructions for SMART Certification for Healthcare Practitioners

The Benson-Henry Institute (BHI) for Mind Body Medicine at Massachusetts General Hospital is currently soliciting scholarship applications from licensed healthcare clinicians who would like to become certified to provide the Stress Management and Resiliency Training (SMART) program to their patients. Full details and training requirements for becoming a BHI SMART-Certified Healthcare Practitioner can be found here.

The 8-session SMART program teaches self-care practices that help buffer daily stress, making participants less emotionally and physically vulnerable to it. This evidence-based program is designed to help participants build resilience through a variety of mind body principles and self-care interventions, leading to reduced medical symptoms and enhanced quality of life. The SMART program helps participants:

- Understand the connection between stress and physical or emotional problems
- Learn a variety of techniques to elicit the relaxation response, the body's innate stress buffer
- Appreciate the role of positive thoughts and beliefs and social support
- Learn the importance of healthy eating, restorative sleep and physical activity

Scholarship Goals

This scholarship is made possible by a generous donation from Mr. Randy Watts, a member of the BHI Advisory Council and an enthusiastic benefactor of BHI's work. The goals of this scholarship are twofold:

- To provide training opportunities in the BHI SMART model to clinicians who would not otherwise have the financial capacity to participate.
- To have scholarship recipients provide the SMART programs to patients in underserved and/or high-risk populations.

What You Receive

If you are selected as a scholarship recipient, you will receive full-cost coverage of all SMART program training components. Once these are completed successfully, you will become a *BHI SMART-Certified Healthcare Practitioner*.

Eligibility

Applications will be considered from those who meet the following requirements:

1. You must be a practicing healthcare clinician licensed in one of the following categories:

    - Doctor (MD, DO)
    - Nurse (RN, NP)
    - PhD/EdD/PsyD
    - Master's-level social worker
    - Master's-level mental health counselor
    - Physician's Assistant

2. You must be able to complete all training activities within the course of one (1) year.

Training Start Date

Those selected will be able to start their training immediately upon notification, depending upon training component schedules. Training must start no later than 3 months after notification. Awardees will be expected to attend BHI's live Harvard Medical School Continuing Medical Education course at the Renaissance Seaport Hotel October 27-29, 2022.

To Apply

1. Complete the attached *Watts Scholarship Application for SMART Certification for Healthcare Practitioners*:

    - Information <u>must be typed</u> directly onto the application form.
    - Maximum application length is 2 pages, including demographic information at the top.

2. Request a letter of support from your unit chief, department chair or supervisor. This letter should address your strengths as a candidate, as well as confirmation that your time will be protected to both 1) participate in all trainings and 2) have the opportunity to present the SMART program within your patient population.

3. E-mail your application and letter of support in a single e-mail to jmeek@partners.org. Only e-mailed submissions will be considered.

4. ***Both documents are due by 5 pm EDT on Friday, 7/1/2022***.

Review Process

- Written applications will be reviewed by a team of clinical staff and trainers from the Benson-Henry Institute and from the Community Health Centers, as well as Mr. Watts.
- A subset of those who submit written applications will participate in a phone interview with reviewers in late July.
- Applicants will be notified of submission status no later than 9/5/2022.