

SMART Certification Training Dates 2024

Online SMART Trainings

8-Week Course

Wednesdays, 2-4 PM EST

January 3 - February 21

April 3 – May 22

September 4 – October 23



Implementation Trainings

Thursday-Friday
March 14 -15, 2024

Thursday-Friday
June 6-7, 2024

Thursday-Friday
December 5-6, 2024

BHI Online Courses - 2023

1. **Stress and the RR: Fundamentals of Mind Body Medicine** (*14 credits*)
 - January 1, 2024
 - April 1, 2024
 - July 1, 2024
 - October 7, 2024
2. **Using Mind Body Techniques in Clinical Practice** (*13 credits*)
 - February 5, 2024
 - May 4, 2024
 - August 5, 2025
 - November 4, 2024
3. **Building Resiliency through Cognitive Reappraisal and Lifestyle Modification** (*11 credits*)
 - March 4, 2024
 - June 3, 2024
 - September 2, 2024
 - December 2, 2024

To register: www.mghcme.com/mindbody

