



AMERICAN
PSYCHOLOGICAL
ASSOCIATION

DOCUMENTATION OF CE CREDIT



This is to certify that you have successfully completed the following Independent Study Program sponsored by the American Psychological Association's (APA) Office of Continuing Education in Psychology (CEP):

What Are the Benefits of Mindfulness?

Completion Date: 2022-12-29

CE Credits: 1.00

This program has been reviewed and approved by the APA CEP Office to offer Continuing Education (CE) credit for psychologists. The APA CEP Office maintains responsibility for the content of the program.

Greg Neimeyer, PhD
Associate Executive Director
Continuing Education and Professional Development

With my signature, I certify that I completed the above-named Independent Study Program in its entirety.

Sedigheh Khanifar

Participant's Name

Participant's Signature