Psychiatry Grand Rounds

Webex Link:
https://ttuhscep.webex.com/ttuhscep/j.php?MTID=me1c8bbb480c3bd335e68ac212903e2d5
Meeting number: 2591 781 9924
Password: nEgh7BYS8p3

Friday, Sept. 1, 2023
Noon – 1 p.m.

Therapeutic Strategies for Managing Stress & Improving Self-Compassion

Presented by:
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Objectives: Upon completion of this session, the participant should be able to:

- Learn practical, empirically supported skills for stress-management and self-compassion.
- Practice cognitive-behavioral techniques and meditation to reduce signs of empathic fatigue.
- Enhance personal satisfaction and effectiveness in your professional role.

Accreditation: The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation: The Texas Tech University Health Sciences Center El Paso Paul L. Foster School of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credit ™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

To claim CME credit, participants must log on using their full name and remain logged on for a minimum of 75%, if not the entirety of the CME activity. Attendance logs with entry and exit time stamps will be used to validate attendance requirements.

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All planners and speakers for this educational activity have no relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, reselling, or distributing health care products used by or on patients.

The Office of CME reserves the right to cancel this activity in the event of unforeseen or extenuating circumstances.