

COVID-19 Virtual Seminar Series

Reality Acceptance and Distress Tolerance: Applying Dialectical Behavior Therapy Skills to COVID-19 Concerns

Friday, April 10, 2020
3:30-4:30pm
via Zoom (info below)

Featuring Presenter

Heather Schatten, PhD
Assistant Professor (Research)

Zoom Webcast Instructions:

1. Join the Zoom Meeting <https://brown.zoom.us/j/959964732>
2. Use your computer audio or dial into: 1-646-558-8656
3. Enter Meeting ID: 959-964-732
4. Meeting Password: DPHB20
 - You will be muted upon entry into the webcast.
 - A quick tutorial on the user interface will be given at the beginning of the live webcast.
 - For additional details on how to access the live webcast, please go to: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

Educational Objectives: At the conclusion of this presentation, participants should be better able to: 1) Define reality acceptance skills, including radical acceptance and willingness; 2) Apply reality acceptance skills to the current public health crisis; and 3) Demonstrate an understanding of distress tolerance skills and how to teach them to patients.

Planning Committee:

Elizabeth McQuaid, PhD, Professor of Psychiatry and Human Behavior
Amy Egolf, MD, Assistant Professor of Psychiatry and Human Behavior, Clinician Educator
Greta Francis, PhD, Associate Professor of Psychiatry and Human Behavior
Tracey Guthrie, MD, Associate Professor of Psychiatry and Human Behavior, Clinician Educator
Jeffrey I. Hunt, MD, Professor of Psychiatry and Human Behavior
Elizabeth A. Lowenhaupt, MD, Associate Professor of Psychiatry and Human Behavior, Clinician Educator
Maria Sullivan, Director of Brown Office of CME
Jennifer Maloney, CME Coordinator, Brown Office of CME

How to Claim Credit:

Please visit: <https://cme-learning.brown.edu/DPHB-COVID> and register for the webinar. Note that you may be prompted to login or create an account (if you do not already have one) in the Brown CME learning management system. You will then click "Take Course" to complete the session evaluation, claim credit and obtain your certificate.

Accreditation: The Warren Alpert Medical School of Brown University is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation:

Physicians: The Warren Alpert Medical School of Brown University designates this live activity with a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Psychologists: The Warren Alpert Medical School of Brown University has been approved by the Rhode Island Psychological Association to offer continuing education credits for Psychologists. The Warren Alpert Medical School of Brown University maintains responsibility for the program. This program is approved for 1 Category 1 CE Credits. **(Credits available to RI licensed psychologists only).**