
PSYCHIATRY GRAND ROUNDS

“HEART RATE VARIABILITY: IMPROVING MENTAL, COGNITIVE AND MEDICAL HEALTH”

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Denver, CO*

***Thursday, June 2, 2022
12:00 p.m. - 1:00 p.m.***

VIA ZOOM

THIS ACTIVITY IS DESIGNED TO HELP YOU:

- Describe how Heart Rate Variability (HRV) quantifies mental, cognitive and medical health
- State how HRV biofeedback and mindfulness can be used to regulate the stress response, promote post-traumatic stress growth, and improve health outcomes

PHYSICIANS: Allegheny General Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing education for physicians and adheres to the policies of the American Psychological Association regarding provision of Continuing Education.

Allegheny General Hospital designates this continuing medical education activity for a maximum of 1.0 *AMA PRA Category 1 Credits* ^[TM]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

CE FOR PSYCHOLOGISTS: Allegheny Health Network is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny Health Network maintains responsibility for the program and its content.

TARGET AUDIENCE: Advanced level of instruction for psychiatrists, psychologists, social workers and other medical personnel.

Faculty Disclosure: In accordance with the Accreditation Council for Continuing Medical Education (ACCME), the Association of American Medical Colleges (AAMC) Standards and the policy of Allegheny General Hospital, presenters are asked to indicate if they have any relationship which, in the context of their presentation, could be perceived as a real or apparent conflict of interest (e.g., ownership of stock, honoraria, consulting fees, etc.). Any such relationships will be disclosed to the audience and consideration will be given to possible influences of their presentation. **Mr. Bennett and Dr. Swanson (Course Director) have nothing to disclose.**

The information presented in this CE offering reflects the opinion of the presenter. As with all science, there may be multiple explanations for the data and multiple reasonable conclusions.

Contact Michael Franzen, Ph.D. at (412) 330-4242 if you need information or have a concern