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# PSYCHIATRY GRAND ROUNDS

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## “HOW TO STOP STRUGGLING AND START LIVING: ACCEPTANCE AND COMMITMENT THERAPY (ACT)”

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**Thursday, September 29, 2022  
12:00 p.m. - 1:00 p.m.**

**SNYDER AUDITORIUM AND ZOOM**

**THIS ACTIVITY IS DESIGNED TO HELP YOU:**

- Describe the ACT theory of psychopathology
- Demonstrate how the ACT case conceptualization can be applied to a clinical patient
- Compare and contrast ACT with other evidence-based therapies such as CBT
- Identify one ACT intervention that can be clinically applied to a patient they are working with

**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* <sup>(TM)</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**CE FOR PSYCHOLOGISTS:** Allegheny General Hospital is approved by the American Psychological Association to offer continuing education for psychologists. Allegheny General Hospital 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. **Dr. Plate 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