



PANDEMICS AND EPIDEMICS: APPLYING EVIDENCE-BASED PSYCHOLOGICAL INTERVENTIONS TO PROMOTE RESILIENCE

Tuesday December 13, 2022 | 12:00 PM - 1:00 PM EST

Learning Objectives:

1. Describe a psychological framework for understanding emotional and behavioral responses to the ongoing and emerging pandemics, with specific focus on feelings of being burned out and overwhelmed in response to concurrent and prolonged public health crises.
2. Understand four evidence-based psychological interventions for managing ongoing stressful situations.
3. List at least two evidence-based, easily accessible tools and resources that can be used for ongoing support and further skill development.



**PRESENTED BY:
Richard LeBeau, PhD**

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AVAILABLE!**



CME Statement:

CME Accreditation

The University of Rochester School of Medicine and Dentistry is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Certification

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The University of Rochester Center for Nursing Professional Development is accredited with distinction as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

1.0 Nursing Contact Hours will be provided.