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Lindner Center
of HOPE |  Health™

1 CME/CEU OFFERED. NO FEE.

Please join us

MARCH 13, 2018

5:30 – 6:30 p.m. EST

For a free webcast

Improving Self-Care: Avoiding the Trap of Avoiding

PRESENTED BY: **Brett Dowdy, PsyD**

Lindner Center of HOPE, Chief of Psychological Services.



REGISTRATION: lindnercenterofhope.org/referrers/improving-webcast/

Participants in the webcast will be able to:

1. Describe the difference between self-care and avoidance
2. Identify self-care strategies that are easy to access, affordable, and adaptable to everyday life.

Target Audience: Psychiatrists, Primary Care Physicians, Non-psychiatric MDs, Nurse Practitioners, Social Workers, Psychologists, Registered Nurses, Mental Health Specialists and interested parties as well

Please watch
for upcoming
webcasts.

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Cincinnati and the Lindner Center of HOPE. The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians.

The University of Cincinnati designates this live activity for a maximum of **1 AMA PRA Category 1 Credit™**. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

The Ohio Psychological Association under approval number P099-311067501 (2010-2012) approves the University of Cincinnati College of Medicine Department of Psychiatry for 1 mandatory continuing education credit for Ohio Licensed Psychologists.

Lindner Center of HOPE has been approved by the State of Ohio Counselor, Social Work, Marriage and Family Therapist Board as an APPROVED PROVIDER (#RSX090801) for social work continuing education units and as an APPROVED PROVIDER (#RCX071001) for counselor continuing education units. This program has been approved for 1 clock hour of CEU.

DISCLAIMER

The opinions expressed during the educational activity are those of the faculty and do not necessarily represent the views of the University of Cincinnati. The information is presented for the purpose of advancing the attendees' professional development.