

# Psychiatry & Psychotherapy Podcast Series: Episode 202: Cognitive Behavior Therapy (CBT)

June 26, 2024 – December 31, 2025

## Purpose

This episode talks about Cognitive Behavior Therapy (CBT).

## Target Audience

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

## Activity Objectives

- 1 Define Cognitive Behavior Therapy (CBT)
- 2 Describe Cognitive Behavior Therapy (CBT) levels of cognition and provide examples of each
- 3 Describe principles of Cognitive Behavior Therapy (CBT) and explain how these may be applied in psychotherapy

## 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 California, Irvine School of Medicine and Emotion Connection, LLC. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

## Designation Statement

The University of California, Irvine School of Medicine designates this Enduring Material for a maximum of 1.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.

## Faculty & Planner Disclosures

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Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
David Puder, MD	Course Director, Faculty	Nothing to disclose - 05/27/2024
Judith Beck, PhD	Faculty	Nothin to disclose - 12/19/2023

**Agenda**

[INSERT AGENDA HERE MANUALLY]

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.