**Psychiatry & Psychotherapy Podcast Series: Episode 7: Physicians Receiving Treatment**

June 26, 2024 – December 31, 2025

**Purpose**

This episode discusses the difficulty of providers to get psychiatric treatment, using ourselves as the examples.  In a recent article, nearly 40% of physicians surveyed said they would be reluctant to seek formal medical care for treatment of a mental health problem because of concern that this may put their medical license in jeopardy.  Physicians have three times the national average for suicide and have unique stressors and often a culture not conducive to seeking help.  We discussed difficulties we had in contemplating getting care for different issues we faced.  Hopefully, this will open a discussion regarding the conflicts providers have in engaging needed help.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Identify the stigma associated with the field of psychiatry and mental health.

2 Describe the idea of imposter syndrome and how it relates to the medical profession.

3 Identify the potential for overlapping criteria between depression and burnout and the danger of misidentifying depression as burnout.

**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 0.75 *AMA PRA Category 1 Credit(s)*™. 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.



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**Faculty & Planner Disclosures**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Darcy Trenkle, MD | Faculty | Nothing to disclose - 06/17/2024 |
| David Puder, MD | Course Director, Faculty | Nothing to disclose - 05/27/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.