**Psychiatry & Psychotherapy Podcast Series: Episode 17: Using Microexpressions in Psychotherapy**

June 26, 2024 – December 31, 2025

**Purpose**

This episode will continue to expand on the discuss of microexpression. Microexpressions happen out of our awareness, and can be great cues to what someone is unconsciously feeling.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Explain the theory of object relations and how microexpression detection can help in understanding it.

2 Explain the concept of psychological defenses and how microexpression detection can help in understanding it in ourselves and in our patients.

3 Apply the warnings of microexpression detection, as outlined in this episode, to your patient interactions.

4 Explain the concept of emotional contagion and how microexpression detection can help us gain insight into both ourselves and our patients.

5 Describe the mirror neuron system and how it is involved in our intuitive ability to gauge another person's emotions.

**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**

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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)** |
| Ariana Martinez, 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.