**Psychiatry & Psychotherapy Podcast Series: Episode 18: Prescribing Strength Training for Depression**

June 26, 2024 – December 31, 2025

**Purpose**

This episode will cover how strength training can decrease depression and help people deal with anger and develop confidence and assertiveness. Then we will give you resources to know how you can get started on your own, simple strength training program.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

is, and apply that understanding to the interpretation of the studies presented in this episode.

3 Apply the information outlined in this episode to a patient's treatment plan for depression.

**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.

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**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)** |
| Trent Jones, Other | 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.