**Psychiatry & Psychotherapy Podcast Series: Episode 27: How to Treat Emotional Trauma**

June 26, 2024 – December 31, 2025

**Purpose**

This episode talks about how trauma works, and how we can help our patients overcome it.

**Target Audience**

Specialties – Family Medicine, Medicine, Psychiatry & Human Behavior

Professions – Physician, Nurse Practitioner, Physician Assistant

**Activity Objectives**

1 Define trauma vs stress.

1 Explain the theory of how corrective emotional experiences can influence a patient’s reexperiencing of trauma.

2 Restate the main components of what psychological changes trauma may cause.

3 Describe the importance of the Still Face Experiment and shut down state as described in the podcast.

4 Outline the progression of a body’s response to danger.

5 Oestate the predominant components of trauma based memory, or emotions based memory as: sensory, emotion, bodily sensation, belief about self, and self experience.

**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)*™. 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)** |
| Randy Stinnett, PsyD | Faculty | Nothing to disclose - 06/14/2024 |
| 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.