



**CONTINUING MEDICAL EDUCATION**  
OSU Center for Health Sciences

# **Help for the Healer**

## **Intensive Lifestyle Interventions**

May 5, 2023 12:00 PM

Live Activity

zoom.us

### **Specialties**

All Specialties

### **Description**

Get expert knowledge in a virtual learning network with mental health and wellness experts. Our health care workers have given so much to care for our communities during the COVID-19 pandemic, often times at the expense of their physical and emotional health. The curriculum is aimed at supporting provider resiliency and caring for the care giver, healer, and helper during COVID.

### **Learning Objectives**

- 1 Support individuals and organizations in caring for patients and communities during and after COVID
- 2 Support resilience, self-care, and organizational opportunities addressed by healthcare workers and administrators
- 3 Understand the emotional impacts extending beyond primary care and hospital medicine clinicians and employees to mental health care workers and others.

### **Accreditation & Credit Designation**

The Oklahoma State University College of Osteopathic Medicine is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.

The Oklahoma State University College of Osteopathic Medicine designates this program for a maximum of (1.0) AOA Category 1-A credit(s), and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Approved for up to (1.0) AAFP Elective credit(s).

## Faculty & Planners

<b>Name of individual</b>	<b>Individual's role in activity</b>	<b>Name of Ineligible Company(s) / Nature of Relationship(s)</b>
Jade Goodson, AAS, CMA	Activity Administrator	Nothing to disclose - 12/20/2022
Nikkole Harris	Activity Coordinator	Nothing to disclose - 08/30/2022
Sara Coffey, DO	Course Director	Nothing to disclose - 09/20/2022
Jen Hartman, LPC	Faculty	Nothing to disclose - 11/03/2022
Jessica Johnson, MS	Faculty	Nothing to disclose - 11/28/2022
Shawn Cooper Jr., LPC	Faculty, Other Planning Committee Member	Nothing to disclose - 11/03/2022
Swapna Deshpande, DO	Faculty, Other Planning Committee Member	Nothing to disclose - 04/14/2023

## Commercial Support

This activity has been developed without commercial support.