CONTINUING MEDICAL EDUCATION
OSU Center for Health Sciences

Help for the Healer ECHO - 2026
Approach to Self-Compassion

November 13, 2026 12:30 PM
Live Activity

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. As the physical threat of COVID pandemic has decreased the concerns of a mental health crisis continues. Hospital systems continue to struggle with staffing and retention which increases the risk of burnout, moral injury, and patient errors. This curriculum is designed to meet the needs of the virtual community for an intentional space for health care, mental health care, educators, public health officials and others providing ongoing care to our community continues.

Learning Objectives

1 Identify at least three benefits of scheduling dedicated time for personal wellbeing.
2 Reflect on personal mindfulness practice experiences and identify specific changes in focus, mood, or stress management.
3 Summarize how stress affects the body and mind, as presented in recent studies, using clear and accurate language.

Accreditation & Credit Designation

American Osteopathic Association
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.

Accreditation Council for Continuing Medical Education

The Oklahoma State University Center for Health Sciences College of Osteopathic Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The Oklahoma State University Center for Health Sciences College of Osteopathic Medicine designates this activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Oklahoma State Board of Licensed Social Workers
The Oklahoma State University Center for Health Sciences Office of Continuing Medical Education is a board approved CE provider and designates this program for a maximum of 1.00 credit(s). Our provider number begins with the year the activity was held followed by 1999, for example: 20241999.

Oklahoma State Board of Examiners of Psychologists
The Oklahoma State University Center for Health Sciences Office of Continuing Medical Education is a board approved CE provider and designates this program for a maximum of 1.00 CE credit(s).

Faculty & Planners

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Sara Coffey, DO	Course Director	Nothing to disclose - 02/20/2026
Shawn Cooper Jr., LPC	Other Planning Committee Member	Nothing to disclose - 04/03/2026
Swapna Deshpande, MD	Faculty, Other Planning Committee Member	Nothing to disclose - 03/24/2026
Rhonda Ferguson, AAS	Activity Coordinator	Nothing to disclose - 01/12/2026
Jade Goodson, BUS, CHES, CMA	Co-Director	Nothing to disclose - 05/27/2026
Ashley Groom, DHA	Peer Reviewer	Nothing to disclose - 10/30/2026
Rachel Kerr	Activity Coordinator	Nothing to disclose - 08/31/2026
Avery Kuykendall, BS	Activity Coordinator	Nothing to disclose - 09/29/2026
Nikkole Resciniti	Activity Coordinator	Nothing to disclose - 09/17/2026

Commercial Support

This activity has been developed without commercial support.