GRAND ROUNDS VIRTUAL LECTURE SERIES

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Accreditation Council for Graduate Medical Education
Saint Louis, MO

September 27, 2022
8:00 AM

“Mindsets, Cognition, and Well-Being”

Objectives:

By the end of the session, attendees will be able to:
1. List and define common problematic mindsets
2. List and define common cognitive distortions
3. List and describe the three steps of cognitive restructuring

Commercial Relationship Disclosure: None

Join Microsoft Teams Meeting
+1 313-261-5339 United States, Detroit (Toll)
Conference ID: 358 626 688#
Time: 8:00 AM