

Improving

presented by

Steven Hayes, PhD

Steven C. Hayes is a Nevada Foundation Professor in the Behavior Analysis program at the Department of Psychology at the University of Nevada. An author of 47 books and nearly 675 scientific articles, he is the developer of Relational Frame Theory, an account of human higher cognition, and the originator of Acceptance and Commitment Therapy or “ACT,” a popular evidence-based form of psychological intervention has been shown to be helpful in a wide range of mental, behavioral health, and social wellness areas. His popular book *Get Out of Your Mind and Into Your Life* was featured in *Time Magazine* among several other major media outlets and for a time was the best-selling self-help book in the United States, and his new book, *A Liberated Mind*, has been released to wide acclaim. Dr. Hayes has been President of several scientific societies and has received several national awards, including the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapies. His TEDx talks and blogs have been viewed or read by over 3 million people. With over 107,000 Google Scholar citations and an H index of 141, he is among the most cited psychologists in the world.

Thursday, December 16, 2021 @ 12:00pm

Join Zoom Meeting

Meeting ID: 844 3049 5329

Passcode: uLJ8My

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1 Review a patients’ motivation to use technology to create intervention to treat their mental health conditions
- 2 Describe the clinical implication of using technological devices to treat mental health conditions
- 3 Utilize practical ideas to help practitioners and patients implement technology features in interventions

Accreditation Statement: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Credit Designation Statement: Hartford Healthcare designates this Live Activity for 1.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with their participation.

Financial Disclosures:

Name of individual	Individual's role in activity	Name of commercial interest/Nature of relationship
Erica Moura, LCSW, MBA	Activity Coordinator, Course Director	Nothing to disclose - 09/13/2021
Luis Sandoval, PhD	Faculty	Nothing to disclose - 09/14/2021

