

# REGRET: A Cognitive Behavioral Model

presented by

**Robert L. Leahy, PhD**

Robert L. Leahy was educated at Yale University (BA, MS, MPHIL, PHD) and is the Founder and Director of the American Institute for Cognitive Therapy in NYC, Clinical Professor of Psychology in Psychiatry at Weill Cornell Medical College, and Past-President of the Association of Behavioral and Cognitive Therapies, The Academy of Cognitive Therapy, and The International Association of Cognitive Therapy. He is the recipient of the Aaron T. Beck Award for outstanding contributions in CBT and the Outstanding Clinician Award by the Association for Behavioral and Cognitive Therapy. Leahy is the author of 29 books, translated into 23 languages, and is a frequent keynote speaker and presenter of workshops worldwide. His new book, *If Only...Finding Freedom from Regret*, was published by Guilford Books.

**4/11/24 12–1:15 PM**

<https://hartfordhealthcare.zoom.us/j/93657700420>

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

- *Identify the differences between productive and unproductive regret.*
- *Discuss three techniques to improve the ability to live with tradeoffs.*
- *Recognize and use CBT techniques to reverse Existential Perfectionism.*

**Accreditation & Credit Designation Statements:** 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.

- **Physicians:** Hartford Healthcare designates this Live Activity for **1.25 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should only claim credit commensurate with their participation.
- **Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.
- **Nurses:** This activity is approved for **1.25 ANCC contact hour(s)**.
- **Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25** other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for AMA PRA Category 1 Credit<sup>™</sup> from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

**Financial Disclosures:**

- Planning Committee: None
- Speakers: None



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