

Collaborative Education Series

On-Demand: Anxiety in Sports

CME 'Enduring' Presentation

[MaineGeneral](#) [YouTube](#)

'On-Demand'- Enduring Presentation

Audience: Physicians, NP's,
and PA's

**Date: On-Demand
Enduring Presentation**

No Tuition

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

Completion of the Course Evaluation form is required before CME certificates will be awarded! Evaluation link is located in the YouTube video description.

Please contact **Steve Tosi** with any questions.

Steve.tosi@mainegeneral.org

Marketing and registration also located on MGH Connect landing page under "What's Happening".

Program Date: October 16, 2024
Release as Enduring Date: October 23, 2024
Expiration Date: October 23, 2027

Presenters:
Corey Smith, PsyD

Maine-Dartmouth Family Residency

Statement of Need:

- Athletic trainers should be aware of not only the physical well-being of their athletes but also the mental well-being. Treating the whole person is the gold standard and a necessary part of our profession. With the younger generations having higher rates of anxiety disorders than seen before, it is the responsibility of the athletic trainer to be educated on recognition and management strategies for this mental condition. Many athletic trainers may not feel comfortable dealing with the complex nature of anxiety and how it can present.

- By participating in this program, participants will increase their knowledge of anxiety, be able to recognize symptoms and triggers in a clinical or emergent setting, as well as better understand what treatment options are available, both pharmaceutical and behavioral, for the health and happiness of the athlete.

Objectives:

- Describe symptoms of anxiety in high school athletes.
- Identify multiple triggers of anxiety in athletes.
- Discuss indications for pharmacological interventions for anxiety in teenaged athletes.
- Demonstrate behavioral interventions for anxiety.

To view all our CME Enduring Programs:

SCAN



For Physicians (MD's, DO's, PA's, NP's)



Disclosure Statements:

Faculty: Dr. Corey Smith have provided a signed disclosure indicating no financial interest in any commercial interest that affect the content of this program (kept on file in the Medical Education Coordinator Office MGMC).

Credits awarded:

CME's awarded: 1.5

The MaineGeneral Medical Center designates this enduring activity for a maximum of 1.5 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MaineGeneral Medical Center and Colby College. MaineGeneral Medical Center is accredited by the ACCME and the Maine Medical Association's Committee on Continuing Medical education to provide continuing medical education (CME) for physicians.

Each physician should claim only those credits that he/she actually spent in the activity.

This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of MaineGeneral Medical Center and Colby College Sports Medicine Department.

Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.

MaineGeneral
Medical Center



Colby