

Collaborative Education Series

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

'On-Demand' Presentation

Audience: AT's, PT's, OT's,
other medical professionals
and students.

Date: **On-Demand**

Time: **On-Demand**

Tuition:
\$22.50

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 CEU 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 BOC website

Search for P2258

On-Demand: Anxiety in Sports

CAT A Presentation

Program Date: October 16, 2024
Release as On-Demand Date: October 23, 2024
Expiration Date: October 23, 2027

Presenters:

ON-DEMAND- **Corey Smith, PsyD** Maine-Dartmouth Family Residency

- 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 BOC On-Demand Programs:

SCAN



For AT's, PT's, OT's EMT's, MA's



According to the education levels described by the PDC, the following continuing education course is considered to be **Advanced**.

Credits awarded:

CEU's awarded: 1.5 CAT A CEUs

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of (1.5) CAT A CEUs. ATs should claim only those hours actually spent in the educational program.

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.

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