

# How Traumatic Experiences Change the Adolescent Brain and the Effects of Psychotherapy

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**May 28, 2024**

12:00 P.M. - 1:00 P.M.

Virtual Meeting



**Amy Garrett, PhD**

Dr. Garrett is an Associate Professor in the departments of Psychiatry and Radiology at UT Health San Antonio School of Medicine. Dr. Garrett has a PhD in Neuroscience from Wake Forest University and more than 15-years of experience conducting neuroimaging studies of child and adolescent psychiatric disorders at Stanford University.

If you have questions, please email the Office of CME at [cme@uthscsa.edu](mailto:cme@uthscsa.edu) for assistance.

## Overview

Primary care providers and pediatricians are on the front line when caring for the behavioral health needs of children, adolescents, and young adults. With limited availability for prompt access to psychiatric or behavioral health specialists, patients often rely on their 'medical home' providers to initiate care. CPAN's aim is to support primary care in the identification and management of patients with behavioral health needs. This session offers practical information with relevant case examples, using evidence-based guidelines to help increase confidence in providing the initial steps of treatment.

## Learning Objectives

At the end of this activity, participants should be able to:

1. Identify brain networks that are affected by traumatic stress in youth
2. Identify neural changes that take place during trauma-focused therapy
3. Discuss recommendations for referring adolescents to trauma-focused therapy

Accreditation: The UT Health Science Center San Antonio is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Joe R. & Teresa Lozano Long School of Medicine designates this live activity for a maximum of 1 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.