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Psychiatry Grand Rounds 2025-2026 2026

**Psychiatry Grand Rounds 2025-2026 - 5/21/2026 Melissa A. Brotman, Ph.D | TITLE: Etiology, exposure and extinction: An Evolutionarily Conserved Approach to the Treatment of Psychopathology in Youth
May 21, 2026
12:00 PM - 1:00 PM**

Target Audience

This program has been designed for NEUROLOGY, PSYCHIATRY, PSYCHIATRY AND NEUROLOGY - Addiction Psychiatry, PSYCHIATRY AND NEUROLOGY - Child and Adolescent Psychiatry, PSYCHIATRY AND NEUROLOGY - Forensic Psychiatry, PSYCHIATRY AND NEUROLOGY - Consultation-Liaison Psychiatry, PSYCHIATRY AND NEUROLOGY - Neuromuscular Medicine, PSYCHIATRY AND NEUROLOGY - Sleep Medicine, PSYCHIATRY AND NEUROLOGY - Hospice and Palliative Medicine

Series Educational Objectives

After participating in this regularly scheduled series, participants should be able to:

- 1 Describe the importance of early intervention in relation to psychosis and suicidal behavior.
- 2 Describe an overview on the importance of biomarkers and genetics related to neuropsychiatric disorders.
- 3 Review approaches of translating findings in basic and clinical neuroscience to treatment approaches with a particular focus on the needs of multiple demographics.

Session Educational Objectives

After completing this educational activity, participants should be able to:

- 1 Discuss the rationale for exposure-based cognitive behavioral therapy
- 2 Discuss the potential mechanisms of exposure-based cognitive behavioral therapy

Accreditation

In support of improving patient care, Penn Medicine 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.

Designation of Credit:

Physicians: Penn Medicine designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is not approved for nursing contact hours

Pharmacists: This activity is not approved for pharmacy contact hours.

PAs: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*[™] from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of 1.00 Category 1 credits for completing this activity.

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Check your transcript online at <https://upenn.cloud-cme.com>

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. This activity awards up to 1.00 credits for Psychologists.

Acknowledgement of Commercial Support*: None

Disclosure of Relevant Financial Relationships and Unapproved Uses of Products

It is policy at Penn Medicine Office of Continuing Medical and Interprofessional Education for individuals who are in a position to control the content of an educational activity to disclose to the learners all relevant financial relationships (RFRs) that they have with any ineligible company, which is defined as any company whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Disclosure to learners includes all RFRs for all those in control of content including faculty, planners, moderators, and reviewers.

The intent of this policy is to ensure that Penn CME/CE certified activities promote quality and safety, are effective in improving medical practice, are evidence-based, are based on valid content, and are independent of control from ineligible companies and free of commercial bias. Peer review of all content was conducted for all faculty presentations whose disclosure information was found to contain any financial relationships. Part of the peer review process involved reviewing the content, determining which financial relationships were relevant, and applying appropriate mitigation strategies. In addition, all faculty were instructed to provide balanced, scientifically rigorous and evidence-based presentations.

The staff in the Office of Continuing Medical and Interprofessional Education (CME and IPCE), have disclosed that they have no financial relationships with any ineligible companies. Any peer reviewer who is determined to have a relevant financial relationship must recuse themselves from the peer review process.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Nicholas Balderston	Other Planning Committee Member	Consulting Fee-Newleos - 09/10/2025
Ran Barzilay, MD, PhD	Other Planning Committee Member	Advisor-Taliaz Health Stocks or stock options, excluding diversified mutual funds of a publicly traded company-Taliaz Health Consulting Fee-Taliaz Health Advisor-Zynerba Pharmaceuticals (Relationship has ended) - 06/30/2025
Mathias Basner	Course Director	Nothing to disclose - 10/14/2025
Frederick Bennett, MD	Other Planning Committee Member	Nothing to disclose - 09/12/2025
Melissa A. Brotman, PhD	Faculty	Nothing to disclose - 04/08/2026
Lily Brown, PhD	Other Planning Committee Member	Nothing to disclose - 09/10/2025
Raquel E Gur, MD	Course Director	Nothing to disclose - 10/03/2025
Shari Mintz (Jager-Hyman), PhD	Other Planning Committee Member	Nothing to disclose - 06/25/2025
Robert L Seilheimer, MD	Other Planning Committee Member	Nothing to disclose - 09/10/2025
Corinde Wiers	Other Planning Committee Member	Nothing to disclose - 06/25/2025

Relevant financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership

on advisory committees or review panels, board membership, and other activities from which remuneration is received or expected