

FREE  
COMMUNITY EVENT

# Virtual Psychiatric Grand Rounds

MAY 2025

**Tuesday, May 20, 2025**

**Noon to 1:30 p.m.**

(No meals or breaks provided)

**SPEAKER:**

Justin Sundgot-Smith,  
MA, LMFT  
Sundgot-Smith Counseling

Please register at:

[cottagehealth.org/  
psychgrandrounds](https://cottagehealth.org/psychgrandrounds)

After registering you will receive a confirmation email containing information about joining the training.



## Societal and Cultural Determinants of Performance Anxiety: Implications for Mental Health and Medical Providers

This Grand Rounds presentation offers an in-depth exploration of performance anxiety with particular attention to its relevance in clinical and professional environments. Attendees will examine how performance anxiety presents across various populations, explore its theoretical underpinnings, and consider the cultural narratives and societal expectations that shape its development. In this presentation, the speaker offers evidence-based strategies for assessment and treatment, emphasizing an acquisition of practical tools for clinical work. Attendees can expect to leave with a culturally informed framework for understanding and addressing performance anxiety in both therapeutic and broader professional contexts.

**LEARNING OBJECTIVES:**

Participants will be able to:

- Describe two distinguishing features of performance anxiety in contrast to other anxiety disorders within the context of clinical assessment.
- Identify three atypical clinical presentations of performance-related distress across diverse healthcare and therapeutic settings.
- Apply four evidence-based strategies for the assessment and treatment of performance anxiety consistent with best practices in mental health and medical care.



Justin Sundgot-Smith, MA, LMFT, has worked in the mental health field for over a decade. After earning his Master's degree in Clinical Psychology from Antioch University Santa Barbara in 2015, he gained extensive clinical experience across a variety of settings, including private practice, non-profit organizations, group homes, and educational environments. Most notably, he served as a Behavioral Health Therapist at UC Santa Barbara's

Student Health Center within the Alcohol and Drug Program, where he specialized in the treatment of substance use and other addictive behaviors. He currently maintains a private practice with a clinical focus on anxiety disorders, obsessive-compulsive spectrum conditions, and issues related to self-esteem and identity development, working primarily with adults and young adults.

# Virtual Psychiatric Grand Rounds

## PROGRAM COORDINATOR

Paul Erickson, MD

## ADMINISTRATIVE COORDINATOR

Frances McKinney

## EDUCATION CONSULTANTS

Jennifer Granger Brown,  
MSN, RN, CHSE

Stephanie Molina, LMFT, CEAP

Tamara Norton, MHS, CPCS

## TARGET AUDIENCE

Addiction Counselors  
Clinical Nurse Specialists  
Counselors  
Marriage & Family Therapists  
Nurse Practitioners  
Nurses  
Occupational Therapists  
Occupational Therapy Assistants  
Other Mental Health Professionals  
Pharmacists  
Psychologists  
Psychotherapists  
Social Workers

05/2025 RLC

## CAMFT / BRN CONTINUING EDUCATION CREDITS FOR COTTAGE HEALTH EMPLOYEES

Attendance for the full hour and Zoom registration is required to receive credit. CE credit is not offered for meals or breaks.

**LMFTS, LCSWS, LPCCS AND LEPS:** Course meets the qualifications for one hour of continuing education credit as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.

**REGISTERED NURSES (RNS):** Provider approved by the California Board of Registered Nursing, Provider #00252 for 1.0 contact hour.

**CERTIFICATES:** Cottage Health employees will receive certificates in Compass Learning after completed evaluation is processed.

## FOR PHYSICIANS AND PSYCHOLOGISTS

**PHYSICIANS:** The Santa Barbara County Consortium for Continuing Medical Education is accredited by the California Medical Association (CMA) to provide continuing medical education for physicians.



The Santa Barbara County Consortium for Continuing Medical Education designates each live activity listed for a maximum of *1.0 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PSYCHOLOGISTS:** Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at [tnorton@sbch.org](mailto:tnorton@sbch.org) and 805-569-7245.

## Notes

**GRIEVANCES:** Contact the Education and Nursing Professional Development Department at 805-569-7325.

**SPECIAL ACCOMMODATION:** If you are in need of special accommodation, contact the Education and Nursing Professional Development Department at 805-569-7325.

**DISCLOSURES:** The planners and speaker of this live internet activity have stated that they do not have any current relationships with ineligible companies. This activity did not receive commercial support.