

FREE
COMMUNITY EVENT

Virtual Psychiatric Grand Rounds

OCTOBER 2024

Please register at:

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

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



Overcoming Imposter Syndrome

Tuesday, October 22, 2024

Noon to 1:30 p.m. (No meals or breaks provided)

SPEAKER:

Heidi A. Zetzer, PhD, Director, Carol Ackerman Positive Psychology Clinic
Department of Counseling, Clinical and School Psychology,
University of California, Santa Barbara

COURSE DESCRIPTION:

The Imposter Phenomenon, now often called Imposter Syndrome, is the persistent belief that one is not as clever, qualified, capable, talented or as cool as other people think they are, despite evidence to the contrary. Accomplishments are attributed to external factors—like luck or help from others. It's feeling like a fraud and living with the fear of being exposed as one. These beliefs lead to increased stress and anxiety, reduced confidence, and avoidance of risk, including meeting new people, applying for a job, or seeking a promotion. The purpose of this presentation is threefold: 1) describe what it feels like to “have imposter syndrome,” and discuss its prevalence among diverse populations, 2) to examine external (e.g., systemic oppression, tokenism) and internal (e.g., internalized isms, stereotype threat) sources of the thoughts and feelings that drive this phenomenon, and 3) identify strategies that foster empowerment and resilience, promote self-assurance, and deplete the hindering effects of imposter syndrome by using psychological tenets and practices.

LEARNING OBJECTIVES:

- Define imposter phenomenon/syndrome (IP/IS)
- Distinguish between external and internal sources of IP/IS
- Identify strategies for overcoming imposter/phenomenon syndrome



HEIDI A. ZETZER, PhD, (she/her/hers) is a Teaching Professor and the Director of the Carol Ackerman Positive Psychology Clinic in the Department of Counseling, Clinical and School Psychology at the University of California, Santa Barbara. Dr. Zetzer teaches Positive Psychology Across the Lifespan, Helping Skills, Basic Practicum, and Theories of Supervision and Consultation. She also directs the department's counseling and clinical externships. She is a Fellow of the American Psychological Association and a former president of the Association of Psychology Training Clinics and the Santa Barbara County Psychological Association.

Virtual Psychiatric Grand Rounds

PROGRAM COORDINATOR

Paul Erickson, MD

ADMINISTRATIVE COORDINATOR

Frances McKinney

EDUCATION CONSULTANTS

Jennifer Granger Brown, MSN, RN

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

09/2024 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.



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PSYCHOLOGISTS: Please contact Tamara Norton if you would like to receive a Certificate of Attendance for this event at 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.

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