



# VCU

School of Medicine

## Department of Psychiatry Grand Rounds

ALL GRAND ROUNDS PRESENTATIONS BE  
DELIVERED VIRTUALLY VIA ZOOM UPDATES  
AND INVITATION LINKS TO FOLLOW. Time:

11:45 am – 1 pm

### December 2025

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#### December 5<sup>th</sup>, 2025

##### ***Finding Pieces to the Puzzle of Successful Behavior Change***

Presenter: Carlo C. DiClemente, Ph.D. ABPP

Introducer: Taylor Crouch, PhD

##### **Learning Objectives:**

At the end of the presentation, participants will be able to:

- Describe how a common process of change can apply to initiation, modification, and cessation of a behavior.
  - Name key tasks of each of the 5 stages of change  
Identify at least 2 processes/mechanisms of change from the Transtheoretical Mode
  - Describe the function of relapse and recycling as a learning process
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#### December 12<sup>th</sup>, 2025

##### ***Scaling Single-Session Interventions to Bridge Gaps in Mental Health Ecosystems***

Presenter: Jessica Schleider, PhD

Introducer: Annie Haynos, PhD

##### **Learning Objectives:**

At the end of the presentation, participants will be able to:

- To understand the concept of 'single-session interventions' (SSIs)
- To learn state-of-the-art research on how, why, and for whom SSIs can reduce mental health
- To identify tools and resources to apply evidence-based SSIs in real-world practice.

## No Grand Rounds 12/19 & 12/26

Please note the important updates about the Fall Semester (2022) Psychiatry Grand Rounds. The Departmental Grand Rounds Program will continue in an **online-only format**, and all presentations will take place via **Zoom web-conferencing**. Due to limits on virtual meeting capacity, each week, the faculty, staff, housestaff, trainees, and students on the Grand Rounds email list will be able to join our web conference for Grand Rounds at the following recurring Zoom link (with password embedded):

Virginia Commonwealth University is an equal opportunity/affirmative action employer. If special accommodations are needed, please contact Brittany Silk at [Brittany.Silk@vcuhealth.org](mailto:Brittany.Silk@vcuhealth.org)

VCU Health designates this live activity for a maximum of 1.25 **AMA PRA Category 1 Credits**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

VCU Health Continuing Education designates this activity for a maximum of 1.25 ANCC contact hours. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



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ASSOCIATION

In support of improving patient care, VCU Health 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.

1.25 CE credits will be awarded for psychologists attending the entire program. 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 responsibly for the content of the programs.



As a Jointly Accredited Organization, VCU Health is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. VCU Health maintains responsibility for this course.



Social workers completing this course receive 1.25 continuing education credits. This activity was planned by and for the healthcare team, and learners will receive 1.25 Interprofessional Continuing Education (IPCE) credit for learning and change.