



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

May 2025

May 2nd, 2025

Presenter: Mithun Dhinakaran, DO

Being with Nature: The Relevance of Physical Environment to Mental Health

Learning Objectives:

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

- Greater awareness of how aspects of physical environment, both man-made and natural, can affect mental wellbeing
- Summarize existing research regarding health effects of being outdoors in nature
- Explore clinical interventions that incorporate elements of natural environment

Zoom Link

<https://vcuhealth.zoom.us/j/95386930082>

May 9th, 2025

Presenter: Tari Dilks, DNP, APRN, PMHNP-BC

Gayle Gwaltney Grand Rounds

Common early career issues in the mental health professions

Learning Objectives:

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

- Participants will be able to identify common early career issues in their future practices
- Participants will be able to list at least three protective strategies to implement in the first two to three years in practice
- Participants will be able to discuss common ethical issues that may arise in practice

Zoom Link

<https://vcuhealth.zoom.us/j/95386930082>

May 16th, 2025

All Department Meeting Cancelled

May 23rd, 2025

Presenter: Rebekah Stone, PhD | Clinical Health Psychology Post-Doctoral Fellow Licensed Clinical Psychologist

Disclosure of Sexual Assault: How We React Makes a Difference

Learning Objectives:

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

- Define sexual assault and describe importance of identifying survivors
- Outline barriers to disclosure of sexual assault faced by survivors
- Identify helpful reaction/response vs. unhelpful reaction/response to sexual assault disclosure
- Understand the negative consequences associated with unhelpful responses
- Increase comfortability with the implementation of best practice with responding to disclosure

Zoom Link

<https://vcuhealth.zoom.us/j/95386930082>

May 30th, 2025

Presenter: Stephen Ellis, MD

Glucagon-Like Peptide-1 Receptor Agonist Use in Psychiatric Patients

Learning Objectives:

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

- Review the development and mechanisms of glucagon-like peptide-1 receptor agonists
- Understand the use of glucagon-like peptide-1 receptor agonists to treat metabolic side effects of psychiatric medications, binge eating disorder, alcohol use disorder, and obstructive sleep apnea
- Consider other potential applications of glucagon-like peptide-1 receptor agonists to treat psychiatric conditions

Zoom Link

<https://vcuhealth.zoom.us/j/95386930082>

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

VCU Health designates this live activity for a maximum of 1.25 **AMA PRA Category 1 Credits™**. 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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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 responsibility 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.