

PSYCHIATRY GRAND ROUNDS

“Emotion Regulation Flexibility and Resilience”

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University

6/18/26

12:30-2:00PM

Zoom

Target Audience: Physicians, Psychologists, Psychiatric Nurse Specialists, Nurses, Social Workers, Residents & Fellows, Medical Students, Allied Mental Health Providers, and all other Healthcare providers.

LEARNING OBJECTIVES: Following this activity, participants should be able to:

1. Define emotion regulation flexibility (ERF) at different time scales.
2. Examine how affective flexibility (e.g., affect inertia, instability, recovery) and physiological flexibility (HRV, SCL) are used as markers of regulatory adaptability in emotional contexts.
3. Evaluate which specific features of emotion regulation flexibility are most predictive of resilient functioning, challenging the assumption that flexibility is inherently adaptive.

Faculty disclosure: Ranchal Sabharwal, MA, MS has no relevant financial relationships with ineligible companies.

Planner Disclosure: None of the planners have financial relationships with ineligible companies with the exception of Thomas Schwartz who is a consultant for J&J.

Accreditation: SUNY Upstate Medical University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation: SUNY Upstate Medical University designates this live activity for a maximum of *1 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Continuing Education: SUNY Upstate Medical University, Department of Psychiatry is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists PSY 0285.

Psychiatry Faculty Practice Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0336

Commercial Support: No commercial was received for this activity.

