

# Save The Date

SPRING CME COURSE

## THE INTERSECTION OF MENTAL HEALTH & SPORTS: A MULTIDISCIPLINARY APPROACH

**Dates:** June 7 – 8, 2025

- Saturday: 8am – 5:30pm (7:30am registration & breakfast)
- Sunday: 8am – 12:30pm (7:30am breakfast)

**Location:** Hybrid.

- Online or Inperson in San Diego, CA

**Duration:** 1.5 days

**CME Units:** 12 CME Credits

**Pricing**

- APA / SDPS member: \$150
- Non-Member: \$175
- Residents: \$0

**CME Course designed for:**

- Psychiatrists
- Psychologists
- Advanced Practice Providers
- Sports Medicine professionals
- Nurses
- Nutritionists
- Other mental health professionals

*Registration: Coming Soon*

### Course Overview

This Continuing Medical Education (CME) course is designed to provide a comprehensive, multidisciplinary approach to mental health and sports. Tailored for all health providers working with athletes at all levels, from recreational to elite sports, this symposium offers an innovative exploration of the complex landscape of athletes, sports, performance and mental health.

Participants will engage with cutting-edge research and practical strategies that address the unique mental health challenges athletes encounter across all levels of competition. The program will delve into interdisciplinary perspectives, examining the intricate relationships between psychological well-being, physical performance, nutrition, medical care and athletic success.

Attendees will gain insights into assessment, intervention and support strategies that consider the whole athlete—from psychological resilience and performance optimization to injury recovery and career transitions.

