

# REGISTER NOW!



1 CME/CEU OFFERED. NO FEE.

## Please join us

OCTOBER 14, 2025

5:30 – 6:30 p.m. EST

For a free webcast



## Moving Clients from Rigidity to Flexibility: “Perfecting” the Art of Being Open

PRESENTED BY: **Brett Dowdy, Psy.D.** –Chief of Psychological Services &  
Clinical Director of Outpatient Services, Lindner Center of Hope

REGISTRATION: [lindnercenterofhope.org/news/events/moving-clients-from-rigidity-to-flexibility/](https://lindnercenterofhope.org/news/events/moving-clients-from-rigidity-to-flexibility/)

Participants in the webcast will be able to:

1. Define and understand disorders marked by excessive self-control (overcontrol), including cognitive and behavioral inflexibility, heightened vigilance, perfectionism, and social aloofness.
2. Identify overcontrolled coping mechanisms and help clients recognize their patterns (e.g., inhibited, or disingenuous emotional expression, avoidance behaviors, compulsive structuring, planning, and fixing) to foster awareness and promote change.
3. Examine emotional loneliness as a consequence of low openness and challenges in effective social signaling.
4. Discuss intervention strategies from Radically Open Dialectical Behavior Therapy to foster openness and flexibility in clients.

Please watch  
for upcoming  
educational  
opportunities.

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### ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Cincinnati and the Lindner Center of Hope. The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians.

The University of Cincinnati designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit*<sup>™</sup>. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

The Ohio Psychological Association under approval number P099-311067501 (2010-2012) approves the University of Cincinnati College of Medicine Department of Psychiatry for 1 mandatory continuing education credit for Ohio Licensed Psychologists.

This activity has been approved for 1 clock hour of CEU by The State of Ohio Counselor, Social Work, Marriage and Family Therapist Board.

### DISCLAIMER

The opinions expressed during the educational activity are those of the faculty and do not necessarily represent the views of the University of Cincinnati. The information is presented for the purpose of advancing the attendees' professional development.

#### Counselors

TPN.health has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7267. Programs that do not qualify for NBCC credit are clearly identified. TPN.health is solely responsible for all aspects of the programs.

Trusted Provider Network, LLC 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-0220.

TPN.health is approved by the California Association of Marriage and Family Therapists (Provider #1000101) to sponsor continuing education for LPCCs. TPN.health maintains responsibility for this program/course and its content. Course meets the qualifications for 1 hour of continuing education credit for LPCCs as required by the California Board of Behavioral Sciences.

#### Marriage and Family Therapists

TPN.health is approved by the California Association of Marriage and Family Therapists (Provider #1000101) to sponsor continuing education for LMFTs. TPN.health maintains responsibility for this program/course and its content. Course meets the qualifications for 1 hour of continuing education credit for LMFTs as required by the California Board of Behavioral Sciences.

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 marriage and family therapists #MFT-0097.

#### Psychologists

Trusted Provider Network, LLC 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-0125.

TPN.health is approved by the California Association of Marriage and Family Therapists (Provider #1000101) to sponsor continuing education for LEPS. TPN.health maintains responsibility for this program/course and its content. Course meets the qualifications for 1 hour of continuing education credit for LEPS as required by the California Board of Behavioral Sciences.

#### Social Workers

TPN.health, #1766, 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 as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. TPN.health maintains responsibility for this course. ACE provider approval period: 03/31/2022 – 03/31/2025. Social workers completing this course receive 1 Clinical continuing education credit.

Trusted Provider Network, LLC is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0654.

TPN.health is approved by the California Association of Marriage and Family Therapists (Provider #1000101) to sponsor continuing education for LCSWs. TPN.health maintains responsibility for this program/course and its content. Course meets the qualifications for 1 hour of continuing education credit for LCSWs as required by the California Board of Behavioral Sciences.

#### Substance Use Disorders Professionals

This course has been approved by TPN.health, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #198061, TPN.health is responsible for all aspects of the programing. Counselor Skill Group: Counseling Services.