

RSS: Psychiatry Grand Rounds 2026

Session Date: April 7, 2026 ● 8:00 AM – 9:00 AM

Title: *Psychiatry Grand Rounds 2026 - 4/7/2026 - Heather S. Vestal, MD - Silencing Your Inner Critic: Tools to Support Healthcare*

Provider Wellness

Session Speaker:

Heather Vestal, MD
Psychiatrist
Dartmouth Hitchcock

Accreditation:

In support of improving patient care, Dartmouth 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.

American Medical Association (AMA)

Dartmouth Health designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Learners: All other learners may claim CME-designated participation credit. Consult your professional licensing board regarding the applicability and acceptance of CME-designated participation credit for programs certified for credit by organizations accredited by Joint Accreditation for Interprofessional Education.

Learning Objectives:

At the conclusion of this learning activity, participants will be able to:

1 Describe at least three ways they will change their practice in Psychiatry based on updates in the literature related to neuropsychiatric disorders, critical evaluation of disorders, and/or collaboration with interprofessional teams.

Dartmouth Health adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including planners, faculty, authors, or others are required to disclose all financial relationships with ineligible companies[^]. All relevant financial relationships have been mitigated prior to the commencement of the activity.

[^]*Ineligible Company is any entity whose primary business purpose is producing, marketing, selling, re-selling or distributing healthcare products used by or on patients.*

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kaitlyn Ahlers, PhD	Other Planning Committee Member	Nothing to disclose - 10/10/2025
Caitlyn M Beaulieu, MHA, MSHROD	Activity Coordinator	Nothing to disclose - 10/08/2025
Robert E Brady, PhD	Other Planning Committee Member	Consulting Fee-Actic - 10/07/2025
Mary F. Brunette, MD	Other Planning Committee Member	Nothing to disclose - 10/08/2025
Craig Donnelly, MD	Other Planning Committee Member	Nothing to disclose - 10/16/2025
Wilder Doucette, MD	Other Planning Committee Member	Nothing to disclose - 10/14/2025

Christine T Finn, MD	Other Planning Committee Member	Nothing to disclose - 10/13/2025
Julia R Frew, MD	Other Planning Committee Member	Nothing to disclose - 07/24/2025
Sarah Garnaat, PhD	Other Planning Committee Member	Nothing to disclose - 10/17/2025
Anna Graefe, PhD	Other Planning Committee Member	Nothing to disclose - 10/07/2025
Paul E Holtzheimer, MD	Course Director	Royalties or Patent Beneficiary- UpToDate Royalties or Patent Beneficiary- Oxford University Press Consulting Fee- Washington State - 12/22/2025
Sarah J Roane, PhD	Course Director	Nothing to disclose - 10/07/2025
James K Rustad, MD	Other Planning Committee Member	Nothing to disclose - 10/13/2025
Lauren Sippel, PhD	Course Director	Nothing to disclose - 12/04/2025
Heather Vestal, MD	Faculty	Nothing to disclose - 01/27/2026

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