

Welcome to ERC and Pathlight Continuing Education Events!

Our continuing education process is handled online through our Litmos learning management system. If you do not already have an account with our CE portal, please click the "Sign Up for CE Portal" tab located in the header at the top of your screen. You will be directed to a registration screen (seen below). Please enter your name, email address and enter the code ERFPCON2021.

Online Courses Self Sign Up

Register to access courses by entering the code provided to you

First Name:

Last Name:

Email:

We will send account login information to this address

Confirm Email:

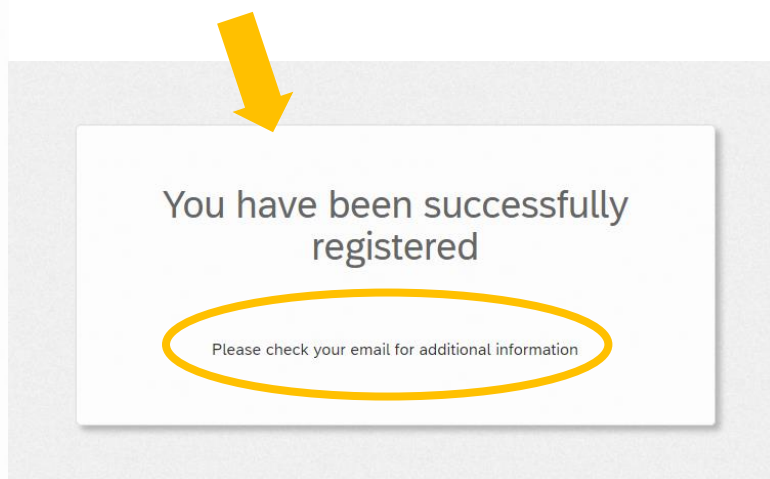
Language

English

Code:

Register

Upon completion of the self-sign up registration, you will receive a message to confirm your email address. Please log into your email for further instructions.



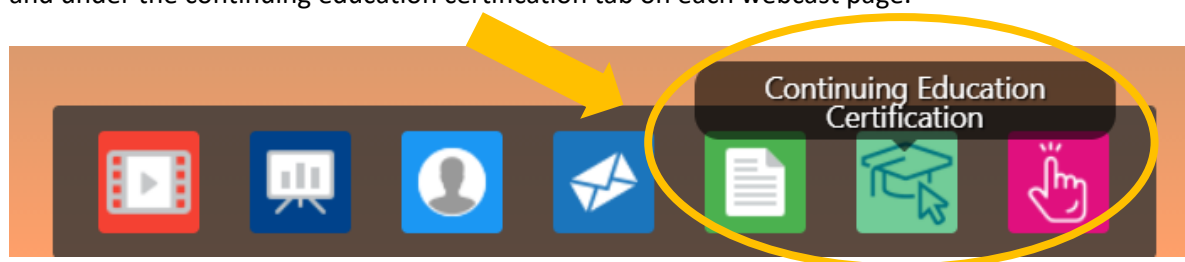
You will receive an email from ERC and Pathlight Continuing Education Events that will contain your username and links to set up your profile and set your password.

Once you have set up your account, you will have access to the continuing education requirements for live and on-demand conference sessions, as well as the digital content library, which has all of our on-demand webinars that we have offered throughout the year.

You will be able to log into the CE portal to complete your CE requirements from the link located in the header of the conference home page



and under the continuing education certification tab on each webcast page.



If you forget your password, please email continuing.education@ercpathlight.com.

Once you are logged in, you will be brought to your home page. It will look like this:

The screenshot shows the Pathlight Academy home page for user Wendy Mathes. The top navigation bar is teal with the 'Home' tab selected. Below the navigation bar, a welcome message 'Welcome, wendy mathes' is displayed. The main dashboard features three circular progress indicators: 'To do' (20), 'Overdue' (0), and 'Completed' (3). A calendar icon shows a 'Login Week Streak' of 34 days. A 'Total 23' badge is also present. Below the dashboard, there are tabs for 'All', 'In Progress', 'Overdue', 'Not Started', and 'Completed'. A search bar is available for 'assigned courses and learning paths'. The course list shows three items: '12TH ANNUAL ERF CONFERENCE ON MENTAL HEALTH' with the title '"But You Don't Know What I Did": Healing the Roots of Caregiver Self-Blame' (Access Expires in 97 days), 'Behavioral Exposure-The Use of Exposures in ED Treatment', and 'Budget Like A Boss 1.0'. All courses show 0% completion. On the right, there are 'News' sections with reminders to check the 'NOTICEBOARD' and 'ACHIEVEMENTS' tabs, and a 'Recent Achievements' section showing a trophy for 'Addiction and Recovery: Managing Relapse in Times of Stress' achieved 18 days ago.

Courses you have attended will be listed here. If you click the Content Library tab, webinars that are available for self-sign up will be listed. All CE certificates will be stored under the “Achievements” tab. If you have attended a course or a series of courses (Learning Path) and they do not show up on your home page, please check the “Completed” tab as they may show up there.

Depending on your settings, courses may be displayed in list form as above or in tiles as below.

The image shows three course tiles arranged in a grid. Each tile features the logos of the Eating Recovery Center and Pathlight Mood & Anxiety Center. The first tile is for 'EFFT Two Day Core Training Course'. The second tile is for 'Understanding the Adolescent Brain Course'. The third tile is for the '12TH ANNUAL ERF CONFERENCE ON MENTAL HEALTH' with the title '"But You Don't Know What I Did":... Course'.

Each tile/ item in the list will bring you to the course homepage where you will find the assessments for each of the presentations.

On the course homepage you will hit the “start this course” button. You will be brought to a white screen with another “start” button. Hit that start button and you will be asked a series of questions about the presentation and speaker(s) (Figure 1).

continuingeducationerc.litmos.com/course/4459734?r=False&ts=637366328713029145

Welcome to ERC and Pathlight Academy, your resource for continuing education.

"But You Don't Know What I Did": Healing the Roots ...

Home Content Library Achievements Live Sessions Instructor

Content Library / "But You Don't Know What I Did": Healing the Roots of Caregiver Self-Blame

"But You Don't Know What I Did": Healing the Roots of Caregiver Self-Blame

Presentation Summary
Although family-oriented therapies and caregiver involvement are increasingly regarded as vital in the treatment of eating disorders, the way in which many caregivers engage in this work can be problematic. This presentation will explore some of the underlying drivers of these problematic behaviors, including caregiver fear and self-blame, and introduce a framework for clinicians to support caregivers as they take on these challenging roles in their loved one's recovery.

Learning Objectives

- Identify the common drivers of caregiver problematic behaviors
- List the protective functions of caregiver self-blame
- Describe cognitive techniques to transform caregiver self-blame
- Demonstrate the use of Emotion-Focused techniques to transform caregiver self-blame
- Identify the potential benefits of using Chair Work to transform caregiver self-blame

Start this course

Modules

After logging in, you should be directed to the course home page. Click Start this Course to begin

Attestation of Identity for CEs -ERFCON2020

https://continuingeducationerc.litmos.com/course/4459734/module/8455269/open?moduletype=3&assigned=True&LPId=0

Please complete all of the questions. These make up the post-test and evaluation. If you scroll down a bit on the page you will see a results tab that will allow you to view any questions that you may have answered incorrectly on the post-test, as well as the correct answers to those questions. My understanding is that some of the questions can be tricky 😊. You can take the post-test as many times as necessary to achieve a passing score.

Modules Achievements

- ✓ Caregiver Self-Blame- Post Test
80% Passmark 94% My Score
- 🔒 Caregiver Self-Blame- Speaker Evaluation (Locked)
- 🔒 12 Annual ERF Conference on Mental Health -General Conference Evaluation (Locked)
- ✓ Attestation of Identity for CEs -ERFCON2020

Results

Click here to review any incorrect responses

Privacy Policy


Once you have answered all of the questions, you will be returned to the homepage and you will see a green circle that says 100%. There is a tab on the lower left-hand side of the screen labeled “Achievements”- Click this tab.

Welcome to ERC and Pathlight Academy, your resource for continuing education.

ERC Pathlight Academy "But You Don't Know What I Did": Healing the Roots ...

Home Content Library Achievements Live Sessions Instructor

Content Library / "But You Don't Know What I Did": Healing the Roots of Caregiver Self-Blame



"But You Don't Know What I Did": Healing the Roots of Caregiver Self-Blame

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100%

Congratulations! You have completed the course!

Modules **Achievements**

Click the Achievements tab



"But You Don't Know What I Did": Healing the Roots of Caregiver Self-Blame

Achieved on 09/25/2020 **Download certificate**

Click the Download Certificate tab to receive your certificate

There will be a line with the title of the presentation, the date, and “download certificate” printed in tangerine. Click on “download certificate” and your certificate will download to your device.