



Jefferson
Myrna Brind Center
of Integrative Medicine

Integrative Medicine Grand Rounds

presents



Anna Tobia, PhD

JeffQuit: An Empirically Validated Tobacco Cessation Method

Presenter:

Anna Tobia, PhD

Anna Tobia, PhD is a clinical psychologist with the Jefferson Myrna Brind Center of Integrative Medicine. She is a JeffQuit leader. JeffQuit is Jefferson's own highly effective, three session, group therapy for smoking cessation.

Overall Goals and Objectives:

1. Identify recent advances in integrative medical care and discuss their application to clinical practice.
2. Describe the latest data on complementary and alternative medical therapies that could improve patient outcomes.
3. Discuss core integrative medicine topics that patients frequently ask physicians about.

Jefferson Medical College of Thomas Jefferson University is accredited by the ACCME to provide continuing medical education for physicians. Jefferson Medical College designates this live activity for a maximum of 1 *AMA PRA Category Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

November 1, 2011

8 – 9 a.m.

**925 Chestnut Street
2nd Floor Conference Room**

For more information, please call 215-955-3014.