

Wildfire Mental Health Collaborative Training

Skills for Psychological Recovery (SPR) Training

Providing disaster-recovery care is very different than on-going therapeutic care.

Attend this evidence-based training to learn how to provide the care our wildfire survivors need.

Thursday & Friday, October 4th & 5th, 2018

8:30 AM - 4:30 PM

Hyatt Regency Sonoma Wine Country

170 Railroad Street, Santa Rosa 95401

\$40 event fee per person

Includes: training on Friday & Saturday, 12 CEs, and boxed lunches

PRESENTERS

Dr. Joe Ruzek and Dr. Patricia Watson

Drs. Ruzek & Watson are nationally-acclaimed PTSD experts, educators and clinical psychologists focusing on disaster-behavioral-health interventions, disaster-mental-health, early intervention, and long-term resilience in communities impacted by disasters.

12 CEs for PhD*, RN*, LMFT, LPCC, LCSW, NP, LEP, LPT, LVN, SUD Counselors of all types

Skills for Psychological Recovery (SPR) is an intervention that aims to help survivors gain skills to manage distress and cope with post-disaster stress and adversity. It utilizes simplified skills-building components from evidence-based mental health treatments that have been found helpful in a variety of post- trauma situations. This SPR training will train practitioners to assist moderately-distressed fire survivors in effectively using these skills. **These SPR skills include:** Problem Solving, Helpful Thinking, Building Healthy Social Connections, Positive Activity Scheduling and Managing Reactions.

1. Describe the range of Skills for Psychological Recovery
2. Define the background and overview of Skills for Psychological Recovery core actions and strategies
3. List the client needs that would match each skill
4. Demonstrate introducing Skills for Psychological Recovery to a client
5. Describe the Problem Solving and Positive Activities Scheduling Skills
6. Explain the rationale for the Problem Solving and Positive Activities Scheduling Skills
7. Describe the Managing Reactions and Helpful Thinking Skills
8. Explain the rationale for the Managing Reactions and Helpful Thinking Skills
9. List the key components of the Rebuilding Social Connections Skill
10. Explain the rationale for the Rebuilding Social Connections Skill
11. Demonstrate each of the Skills for Psychological Recovery in case scenarios.

REGISTER AT:

<https://recamft.org/Current-Events>

Contact: Alex Reed at mentalhealth@Healthcarefoundation.net for more information, ADA requests, or grievances.

Course meets the qualifications for 12 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences. Redwood Empire Chapter of California Association of Marriage and Family Therapists - RECAMFT.org - is CAMFT CE Provider #57173. This course offers 12 CEs for LMFTs, LCSWs, LPCCs, and LEPs. Students, Trainees, Associates, Interns welcome. Lunch is included. Vegetarian options available. Register and pay online at <http://recamft.org>.

*CPA is co-sponsoring with Redwood Psychological Association (RPA). CPA is approved by the American Psychological Association to sponsor continuing education for psychologists and RNs and recognized by the BBS to offer CE credit for its licensees. CPA maintains responsibility for this program and its contents.

***Psychologists and RNs should register at <https://rpapsych.org/events/>.**