

# Wildfire Survivor Mental Health Training

## SAVE THE DATE!

### Skills for Psychological Recovery (SPR) Training

An extension of Psychological First Aid

Saturday, April 21 & Sunday, April 22, 2018

8:30 AM - 4:30 PM

Hyatt Regency Sonoma Wine Country

170 Railroad Street, Santa Rosa 95401



\$40 per person

**Includes: training on Saturday & Sunday, boxed lunches, and follow-up tele-consulting sessions with Drs. Ruzek and Watson**

### PRESENTERS

#### Dr. Patricia Watson

U.S. Department of Veterans Affairs  
National Center for PTSD

#### Dr. Joe Ruzek

U.S. Department of Veterans Affairs  
National Center for PTSD  
& Stanford University

Drs. Ruzek and Watson are nationally-acclaimed PTSD experts, authors, educators and clinical psychologists focusing on disaster-behavioral-health interventions, disaster-mental-health, early intervention, and resilience. They have authored numerous evidence-based research articles, toolkits, and courses related to burnout and secondary traumatic stress, provider resilience, disaster mental health, assessment of PTSD, and anger- and sleep-management. Each serve as experts on numerous national committees, boards, organizations, and special-interest groups related to PTSD.

For more information, please see their full bios at:  
<https://healthcarefoundation.net/category/mental-health-collaborative/>



*Our directive is to help communities of fire survivors identify their most pressing current needs and concerns and teach and support them as they develop skills to address those needs.*

**Application for 12 CEs submitted for psychologists, RNs, LMFTs, LPCCs, LCSWs, LEPs**

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.

**Application for 12 CEs submitted for Psychologists, RNs, LMFTs, LPCCs, LCSWs, LEPs**

Practitioners who complete the 12-hour training will be eligible to offer SPR in the community for an honorarium provided by the Healthcare Foundation of Northern Sonoma County, Wildfire Survivor Mental Health Collaborative.

### REGISTRATION INFORMATION COMING SOON

For more information on SPR:

[https://www.ptsd.va.gov/professional/materials/manuals/skills\\_psych\\_recovery\\_manual.asp](https://www.ptsd.va.gov/professional/materials/manuals/skills_psych_recovery_manual.asp)



**HEALTHCARE**  
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**Redwood Psychological Association and RECAMFT.org**