

# Skills for Psychological Recovery (SPR) Training

## WHEN

**July 29-30, 2019**  
**8:30am-4:30pm**

**Where Hyatt Regency**  
**170 Railroad Street, Santa Rosa 95401**

## Patricia Watson, PhD

Psychologist, Senior Educational Specialist, Department of Veterans Affairs National Center for PTSD

## Joe Ruzek, PhD

Former Director, National Center for PTSD Dissemination and Training Division; Co-Director, Center for m<sup>2</sup> Health, Palo Alto University; Adjunct Professor, Department of Psychiatry and Behavioral Sciences, Stanford University

Providing disaster recovery care is very different than ongoing therapeutic care. Attend this evidence-based training to learn how to provide post-natural disaster support.

**REGISTRATION FEE**  
**\$40 (includes lunch)**

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



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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 TODAY!

LMFTs, LPCCs, LCSWs, LEPs and non-mental health professionals:

<https://www.recamft.org/event-3211853>

Psychologists and RNs\*:

<https://sprjuly2019.eventbrite.com>



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