

Skills for Psychological Recovery (SPR) Training

WHEN

March 22-23, 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

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Providing disaster recovery care is very different than ongoing therapeutic care. Attend this evidence-based training to learn how to provide the care wildfire survivors need.

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://sprmarch2019.eventbrite.com/>

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

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