

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.

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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



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FOUNDATION
NORTHERN SONOMA COUNTY

Training sponsored by
Healthcare Foundation Northern Sonoma County
In partnership with the
Wildfire Survivor Mental Health Collaborative:
Redwood Psychological Association and RECAMFT.org