

Self Care and the Professional



Instructor:
Gabriella Grant, MA

Instructor Information:

Gabriella Grant, MA trains professionals in the social services on an array of topics, including trauma, substance abuse, PTSD, eating disorders, problem gambling, domestic violence, sexual assault and child abuse. She has worked with criminal justice agencies, the courts, social service agencies and public health departments. As a trained policy analyst, Ms. Grant looks at how understanding the neurobiological effects of trauma, safety and coping can be adapted for effective programming, staff training, policies, and procedures to create a therapeutically beneficial milieu for a variety of treatment modalities and outcomes.

Course Description:

Attendees will learn about the impacts of trauma work on the professional. Attendees will be able to identify burnout and what steps they can take to becoming a more mindful practitioner. This training will provide a deeper understanding of self-care and ways to fulfill the personal and professional obligation of self-care.

Date: Tuesday, January 18, 2022

Tuesday, January 25, 2022

(Must attend both dates for credit**)**

Time: 10:00am – 11:30am

Location: Virtual training- link will be sent to registrants

RUHS-BH Staff - Please register for this course via COR at <http://corlearning.rc-hr.com>

All other interested partners, please visit www.rcdmh.org/wet

Free to all registered participants

Continuing Education Credits: This course does not offer continuing education units/credits/hours.

Self Care and the Professional

Part I: Tuesday, January 18, 2022 (10:00am – 11:30am)

Part II: Tuesday January 25, 2022 (10:00am – 11:30am)

****Must attend both dates for credit****

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Instructor Information Gabriella Grant, MA trains professionals in the social services on an array of topics, including trauma, substance abuse, PTSD, eating disorders, problem gambling, domestic violence, sexual assault and child abuse. She has worked with criminal justice agencies, the courts, social service agencies and public health departments. As a trained policy analyst, Ms. Grant looks at how understanding the neurobiological effects of trauma, safety and coping can be adapted for effective programming, staff training and policies and procedures to create a therapeutically beneficial milieu for a variety of treatment modalities and outcomes. Her background includes heading the nation's first community corrections-based victim advocacy program for the Maryland Division of Parole and Probation, [1996-1999] and running a three-year project funded by the California Department of Public Health to increase access to domestic violence shelters by women with mental health and/or substance abuse issues [2006-2009]. She has a bachelors' degree from Amherst College, a Latin teaching certificate from the Pontifical Gregorian University in Rome, Italy, and a Masters of Arts in Public Policy from the Johns Hopkins University. She has taught at the primary, secondary and university levels and has trained professionals, advocates and consumers in a wide variety of settings.

Ms. Grant started working with Dr. Najavits in 2006, when she oversaw a statewide project in California to increase access to domestic violence shelters by women with mental health and/or substance abuse issues. She coordinated the trainings on Seeking Safety and helped guide and evaluate its implementation within domestic violence shelters. She currently conducts Seeking Safety in a community setting. Ms. Grant is the director of the California Center of Excellence for Trauma Informed Care, located in Santa Cruz, California, overseeing the Center's research, program and professional development as well as policy analysis activities.

Audience: RUHS-BH staff including LMFT's, LCSW's, LPCC's, and LEP's, Registered Nurses, and substance use counselors. Audience can also include associate and support staff.

Level of training: Introductory - new topic for audience

Seat #: 40

Location: Virtual training- link will be sent to registrants

Educational Goals:

1. Increase awareness about impacts with trauma work on providers and how to apply better self-care.

Learning Objectives:

1. Apply the public health social ecological model of stress to understand the impacts of trauma on the professional
2. Identify how vicarious trauma leads to burnout and compassion fatigue
3. Evaluate coping strategies and identify areas for improvement
4. Develop a personalized self-care plan

Course outline:**Day 1 - 10:00am-11:30am**

Time	Topic
10:00am -10:15am	What is self-care
10:15am -10:30am	Public health socio-ecological model and synthesized research
10:30am -10:45am	Self-care and well-being dimensions
10:45am -11:00am	Wheel of powerful skills
11:00am -11:30am	Self-care measuring tools and resources

Day 2 - 10:00am-11:30am

Time	Topic
10:00am -10:20am	Impact of trauma work
10:20am -10:40am	ACEs study with general population compared to health professionals
10:40am -11:00am	Discussion
11:00am -11:15am	Self-care process
11:15am -11:30am	Plan of action

Requesting Continuing Education: This course does not offer continuing education units/credits/hours.

Attendance Policy: Participants who arrive to the course after the scheduled start time may not be admitted. Participants, who arrive late, leave early or return late from lunch/breaks will not receive continuing education credit. To receive credit, participants cannot miss more than 15 minutes total of instruction. Those seeking certificates of participation should notify Manuel Pondivida at MPondivida@ruhealth.org **There is no partial credit issued.**

Enrollment/Registration Policy: RUHS-BH Staff should register for this course via COR Learning Management System (<http://corlearning.rc-hr.com/>). The enrollment deadline is three (3) business days prior to the course start date (excluding holidays and weekends). All other interested partners, please visit www.rcdmh.org/wet.

Cancellation and Refund Policy: Registration must be cancelled on or before three (3) business days prior to the course start date (excludes holidays and weekends). Riverside University Health System-Behavioral Health does not currently charge fees for continuing education courses or activities sponsored by our agency. Therefore, no refund policy or procedure is currently in affect.

Grievances: Please contact training coordinator Taide Arias at TArias@ruhealth.org or 951-955-7265 for questions or concerns about this activity or facilities, or to request a copy of our grievance policy and procedures. Riverside University Health System-Behavioral Health follows all applicable local, state, and federal standards, including the Americans with Disabilities Act of 1990 (ADA), 42 U.S.C. §§ 12101-12213 (2008).