

Stress Management for the Trauma Service Provider

This important course is for all who work with traumatized people. Explore the “Stress Continuum,” the levels of stress including eustress (i.e., beneficial, motivating stress), traumatic stress, burnout, counter transference, compassion fatigue or secondary PTSD, and vicarious traumatization which may occur as a result of helping others. A discussion of coping strategies for those who work with traumatized children will also be offered. Individual self-report exercises and an experiential group support session will assist the participating trauma provider in assessing their own level of stress through sharing personal experiences with others. Stress management self care techniques will be presented, experienced and discussed.

This course is appropriate for all mental health professionals, emergency services personnel, chaplains, and peer counselors.

Program Highlights

- The “Stress continuum”
- Signs and symptoms of excessive stress
- Stress as related to work as a “trauma provider”
- A variety of stress management techniques
- Stress management in relation to “context”
- Vicarious traumatization, compassion fatigue and burnout
- Stress “resilience”
- Achieve resilience and effective self care
- Motivating factors for the work we do
- Working with trauma survivors

Completion of “Stress Management for the Trauma Service Provider” and receipt of a certificate indicating full attendance (13 Contact Hours) qualifies as a class in ICISF’s [Certificate of Specialized Training Program](#).

Continuing Education Information

Two-Day Course: 8:30 a.m. - 4:30 p.m., 13 Contact Hours; 13 CE Credits for Psychologists; 13 PDHs for EAPs; 13 CE Hours for Calif. MFTs & LCSWs; 13 Contact Hours for National Certified Addiction Counselors; OR 1.3 General CEUs from UMBC

Continuing Education information listed only applicable when attending an ICISF Regional Conference.

*Training is brought to you Calvary of Albuquerque Crisis Caregivers,
NM-IFOC and the ARCCC CIRT*

**Critical Incident Stress Management Training
“Stress Management for Trauma Service Provider”
Lt. Colonel Les Palmer B.C.C.C.**

Thursday August 25th & Friday August 26th 6:00PM - 9:30PM
& Saturday August 27th 8:00AM - 4:30 PM

Calvary of Albuquerque, 4001 Osuna Road NE Albuquerque, NM 87109
Please bring your drivers license for identification.

Registration Fees

ARCCC - Crisis Caregivers:

\$40.00 when registration is paid in full by 7/31/2011
\$50.00 when registration is paid in full after 7/31/2011

All others:

\$60.00 when registration is paid in full by 7/31/2011
\$75.00 when registration is paid in full after 7/31/2011

Registration ends July 31st, 2011

(To be guaranteed a space, register by Sunday, July 31, 2011)
Class size will limited to the first 60 people registered

Print you name as you want it to appear on your certificate

Are you a member of Albuquerque Crisis Caregivers: Yes No

Mailing address (Street, city, state and zip code)

Phone number

Alternate number

Email address

Registration is NON-REFUNDABLE

Enclose this form and check payable to: Calvary of Albuquerque
Memo code: ICISF/CISM class: Stress MGMT for Providers Check number: _____

Mail check to:

**Calvary of Albuquerque, 4001 Osuna Road NE, Albuquerque, NM 87109
Attn: Les Palmer**

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