

Understanding and Addressing Nervous System Dysregulation Using Resiliency Practices for Providers and Clients in Times of Crisis

With Rachel Michaelsen, LCSW

A FREE training presented by Alameda County Behavioral Health and A Better Way

Course Objectives

- 1.) Articulate a plan for self-regulation when in a crisis that can also be applied to the client you serve.
- 2.) Explain how stress negatively impacts the nervous system over a period of time.
- 3.) Teach at least four energy medicine techniques to their clients.
- 4.) Understand how to implement at least four energy medicine techniques on yourself to manage stress.
- 5.) Practice Energy Medicine and Energy Psychology techniques with themselves and their colleagues.
- 6.) Teach EM or EP techniques to clients.

During this intense period of the COVID-19 Pandemic, many people have experienced increased levels of fight or flight/sympathetic dominance. We all need strategies to address our fear, anger, overwhelm and stress. In this course participants will have a chance to talk about their experiences over the last few weeks, explore how they can better help themselves and their clients manage stress now and when things return to the "new" normal. They will learn simple exercises from the field of energy medicine and energy psychology which they can use to regulate their own nervous systems and teach clients. Material will be taught through lecture, small group discussion, large group and dyadic practice.

Audience: Alameda County Behavioral Health (ACBH) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

Rachel Michaelsen, LCSW, is a clinical social worker who has worked in HMOs, public agencies, and private practice as both a mental-health provider and a supervisor for more than twenty years. She has taught courses in DSM-5, clinical supervision, law and ethics, childhood psychopathology, and vicarious traumatization at universities, conferences, and mental-health agencies. She was a Collaborating Clinical Investigator on the DSM-5 field trials and is the Lead Curriculum Developer on DSM-5 for the California Institute for Mental Health (CiMH). She was the closing plenary speaker at a major social-work conference regarding the DSM-5 (900+ participants). In her private practice in Oakland, California she provides clinical supervision and works with adults and couples.



Thursday, May 21st, 2020

9:30am-2:00pm | Online Course, zoom link shared after registration

TO REGISTER	
Sign up & search by course date to register:	Course Registration Code
https://training.abetterwayinc.info/courses/1291	lapgze

This Course is eligible for 4 master's level CE credits only. A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP (62361). The California Board of Behavioral Sciences (BBS) recognizes CAMFT Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit.

For accommodations or Grievances, contact: Trainings@abetterwayinc.net | (510) 913-1326