

# Understanding Nervous System Regulation and Culturally Sensitive Restorative 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 clients 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.

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 months, 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 over thirty years. She has taught courses in DSM-5, clinical supervision, law and ethics, childhood psychopathology, time management, vicarious traumatization and energy psychology at universities, conferences, and mental-health agencies. She has a private practice and is also the Chair of the Humanitarian Committee for the Association for Comprehensive Energy Psychology.



**Friday, August 28th, 2020**

9am-1:45pm | Registration at 8:45am

Online Course | Zoom link sent in confirmation email

4 CE's available for Masters and Doctorate level professionals

**TO REGISTER**

**Click below to sign up & register:**

<https://training.abetterwayinc.info/courses/1761>

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), and the California Psychological Association (CPA) to sponsor Continuing Education for PhD, PsyD (ABE010). The California Board of Behavioral Sciences (BBS) recognizes CAMFT and CPA 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](mailto:Trainings@abetterwayinc.net) | (510) 913-1326