



# Virtual Training: Toxic Stress, Vicarious Trauma, and Self Care

This training is for Alameda County Behavioral Health and ACBH contracted provider staff.

Understand the neurobiology of vicarious traumatization, toxic stress and the impact of long-term exposure to stress over time. The workshop also explores evidence-based strategies for recovery from toxic stress including how to leverage the brain's ability to heal. Learn about micro-routines, how to add protective factors into our environment and how to develop a self-care plan that will really work to avoid burn-out.

## LEARNING OBJECTIVES:

**At the end of this training participants will be able to:**

- Articulate the definition of vicarious traumatization.
- Describe 5 specific impacts of toxic stress.
- Identify at least 3 evidence-based strategies for recovery from toxic stress.

To complete an ACBH sponsored virtual training, attendees must achieve a score of at least 70% on the post-test.  
\*\*Continuing Education credit is not available for this training\*\*

Date:  
**Friday,  
Jan. 7th, 2022**

Time:  
**1:00 pm -  
3:00 pm\* PST**

\*break included

Registration Link:

<https://forms.gle/o2FTirgyzBjum9ui6>



The instructor for this course is **S. Brooke Briggance**, Program Director of Cypress Resilience Project, a program of Public Health Institute. Learn more about our work at [www.cypressresilience.org](http://www.cypressresilience.org).

**For assistance with registration & other inquiries, please email Cypress Training Coordinator Macy Khangura: [mkhangura@phi.org](mailto:mkhangura@phi.org)**

If you have a reasonable accommodation request, or grievance regarding an ACBH training, please email or call the ACBH Training Unit at (510) 567-8113, [training.unit@acgov.org](mailto:training.unit@acgov.org).



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