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

**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.

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.

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.

For assistance with registration & other inquiries, please email Cypress Training Coordinator Macy Khangura: 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.