Responsive Integrated Health Solutions (RIHS) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, a project of San Diego State University School of Social Work.

Course Code: BH0257
November 13, 2019
9:00 am to 4:00 pm
Marina Village Conference Center
1936 Quivira Way; Terrance Room
San Diego, CA 92109

Trauma Informed Foundations:
Self-Protection, Safety, Self-Regulation

Trainer: Gabriella Grant, Director
California Center of Excellence for Trauma Informed Care

Course Description
This full-day training will focus on the core elements of trauma-informed practices endorsed by the Substance Abuse and Mental Health Services Administration (SAMHSA) in TIP 57 and the Trauma and Guidance for a Trauma-Informed Approach document. Participants will gain awareness of current research on the impact of trauma on our physiological, psychological, behavioral, and interpersonal functioning. The importance of self-regulation and self-protection in providing services to others who have experienced acute and chronic traumas and/or are at risk for developing traumatic stress reactions will be emphasized. Training participants will engage in individual and group skills-based activities to create applicable practice.

Click here to see the training outline

Learning Objectives
Upon completion of this training, participants will be able to:

• Define the three components of individual trauma, according to Substance Abuse and Mental Health Services Administration (SAMHSA)

• List the six core values of a trauma-informed organization

• Describe strategies for distinguishing between physical and emotional safety in interactions with people receiving services

• Discuss the connection between culture and trauma

• Select and use at least one skill to apply to practice in the following week

Audience
All BHS family and support partners, case managers, therapists, counselors, and other direct service providers working within the behavioral health system of care.

Click Here to log into the LMS and Register

Registration: If you already have an account, you may search for the course by name or course code. If you do not have an account in the LMS you will need to open one by clicking here. Email RiHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education: This course meets the qualifications for 6 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. The Academy for Professional Excellence is approved by the American Psychological Association to sponsor continuing education for psychologists and the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs, Provider #91928. The Academy for Professional Excellence is approved by the California Board of Registered Nursing, Provider # BRN CEP15014; CCAPP-EI, Provider # 15-98-398-0820, and CAADEE Provider # CP10-906-CH0320 for 6 contact hours/CEUs. The Academy for Professional Excellence maintains responsibility for this program and its content. CE certificates will be available for download 5 business days after course completion. Click here for information on how to obtain CE Certificates. Click here for the CE Grievance Procedure.