

Continuing Education Credit Information

Behavioral Health Hero 2020: The Face of Trauma

June 2020

Activity ID: 15539



The Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services awarded grant number D06RH31055-Rural Health Network Development Program awarded to Northern Nebraska AHEC in partnership with the Northeast Nebraska Behavioral Health Network."

This activity is intended for *nurses, nurse practitioners, psychologists, social workers and other health professionals* engaged in the care of behavioral health patients.

Educational Objectives

After completing this activity, the participant should be better able to:

Module 1 Suicide Prevention as a Healthcare Practice; Health and Safety Issue

- *Review of suicide from a survivor's perspective.*
- *Discuss how trauma, at any age, may be a component of suicide ideation.*
- *Deploy 4 separate resources for working with clients expressing suicide ideation.*

Module 2 Adverse Childhood Experiences and Trauma Informed Care

- *Review the short-term and long-term effects of trauma.*
- *Define Simple versus Complex Trauma.*
- *Recognize manifestations of the ACES when working with clients.*
- *Review the ACES inform assessment and intake.*
- *Employ the ACES inform our therapeutic alliance and therapeutic approach,*
- *Relate the ACES inform treatment planning.*

Module 3 Trust the process: Using Culturally Relevant Assessment and Diagnostic practices as a way to foster hope and resilience

- *Describe the effects of proper and improper assessment and diagnosis and how it impacts overall physical and mental health as well as social behavior*
- *Identify and apply multicultural competencies to support the overall well-being of the client.*
- *Identify types of assessment for culture and ways to incorporate the findings into diagnosis and service provisions.*
- *Identify ways to integrate Culturally Sensitive Assessment and Diagnosis into the counseling session.*

Module 4 Trauma Informed Treatment Skills 101

- *Discuss the Phase Oriented Treatment Approach to Trauma Counseling*
- *Discuss Key Aspects of Trauma Informed Care*

- *Review treatment components of Eye Movement Desensitization and Reprocessing (EMDR) and Trauma-focused cognitive behavioral therapy (TFCBT)*
- *List Free Resources for Trauma Assessment and Treatment Planning*

Module 5 The fight of my life: Establishing radical self-care practices for direct care trauma workers.

- *Describe what self-care is*
- *Discuss the importance of self-care*
- *Identify barriers to self-care*
- *Discuss culturally relevant self-care practices.*
- *Compile a functional list of self-care practices that can be implemented at multiple ecological levels.*

Faculty

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Joint Accreditation Statement



In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and the Northern Nebraska AHEC Organization. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Nursing Education

The maximum number of hours awarded for Continuing Nursing Education activity is 1.1 contact hours for modules 2-5 and 1.5 contact hours for module 1.

Social Worker Education



As a Jointly Accredited Organization, Postgraduate Institute for Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Postgraduate Institute for Medicine maintains responsibility for this course. Social workers completing this course receive 1.25 clinical continuing education credit for modules 2-5 and 1.5 clinical continuing education credits for module 1.

Continuing Psychologist Education

Continuing education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility of the program.

Credit Designation

This program offers 1.25 continuing education credits for psychologists for modules 2-5 and 1.5 continuing education credits for psychologists for module 1.

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Faculty

The faculty have nothing to disclose.

Planners and Managers

The PIM planners and managers have nothing to disclose. The Northern Nebraska AHEC Organization planners and managers have nothing to disclose.

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