

SKILLS FOR PSYCHOLOGICAL RECOVERY

FALL 2023

Skills for Psychological Recovery (SPR) is an evidence-informed intervention designed to help individuals gain skills to reduce ongoing distress, promote resilience, and effectively cope in the weeks and months following a disaster or crisis. The SPR intervention is intended for individuals needing more than a single, brief intervention by a non-specialist but not necessarily needing full treatment for depression, anxiety, or PTSD. SPR skills focus on improving social support, helpful thinking, problem-solving, managing distressing responses to disaster reminders, and increasing positive activities.

Audience:

This training is open to disaster behavioral health response and recovery stakeholders such as, but not limited to mental health, public health, healthcare, human services, first responders, clergy/chaplains, school crisis teams, CISM teams, MRC volunteers, and community support service organizations in Minnesota and who are interested in providing Skills for Psychological Recovery services in their organization and/or community.

Training Date / Location:

This is a series of six (6) virtual training sessions. We will learn one skill each session every Tuesday starting September 19, 2023 – October 24, 2023, from 2 PM – 3 PM CST. Must attend all sessions for CEUs and Certificate of Attendance.

- September 19, 2023 - Introduction to SPR, Information Gathering and Assistance Prioritization
- September 26, 2023 - Problem Solving Skills
- October 3, 2023 - Promoting Positive Activities
- October 10, 2023 - Managing Reactions
- October 17, 2023 - Promoting Helpful Thinking
- October 24, 2023 - Rebuilding Healthy Connections, Setbacks, and Self-Care

Training Registration:

Registration is on MN. TRAIN (<https://www.train.org/mn/>) and Course ID: 1111006

Training Pre-requisites:

Psychological First Aid Training – online option available at:

<https://www.health.state.mn.us/communities/ep/behavioral/index.html>

Resources needed to take part in this training series:

- Internet access by phone or computer
- Ability to open a PDF worksheet and print (if desired)
- Pen and paper to keep notes if unable to print the worksheet