Skills for Psychological Recovery

One Day Training Opportunity 2024

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 one full day virtual training opportunity in which we will learn all 6 skills on Friday May 3rd, 2024, from 9 AM - 5 PM CST. Must attend the entire day for CEUs and Certificate of Attendance.

 Introduction to SPR, Information Gathering and Assistance Prioritization
 Problem Solving Skills
 Promoting Positive Activities
Managing Reactions
 Promoting Helpful Thinking
 Rebuilding Healthy Connections, Setbacks, and Self-Care

Training Registration:

Please email Janet Yeats at janet.r.yeats.contractor@state.mn.us, to RSVP and registration. Please RSVP by April 26th.

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

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