



Understanding Psychological Trauma and Managing Everyday Symptoms



DESCRIPTION

Trauma is a common occurrence in the lives of Americans and even more so for those struggling with depression, anxiety, and many other mental health disorders. Knowledge of trauma is our best tool in treating it. This workshop breaks down what trauma is, how it impacts the body and brain, and how to use practical tools to improve our ability to manage symptoms.

OBJECTIVES

Upon completion of this course, the participant should be able to:

1. Define psychological trauma and the impact on the brain's alarm system
2. Assess for the exposure to potentially traumatic events and symptoms of PTSD
3. Describe the Adverse Childhood Experiences study and the impact of ACES on adult health
4. Practice at least three tools for managing daily symptoms of trauma
5. Distinguish between evidence-based trauma treatment and trauma-informed care.

FEE: Consortium Member:\$35 Non-consortium Member \$70

Deadline to register: 5/6/2025

Cancellations and Refund Policy: Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days.

INSTRUCTOR Sarah Green, LCSW

Sarah Greene, LCSW, is a private contractor and consultant, currently working part-time providing short-term virtual psychotherapy to individuals with depression, anxiety, and other disorders, often with a history of trauma. She is retired from Mecklenburg County, where she had a long career developing and managing collaborative programs serving children and families exposed to violence and other trauma, many of whom came in contact with the criminal justice system. Ms. Greene has worked closely with colleagues at the Yale Child Study Center and the Charlotte-Mecklenburg Police Department providing training and consultation across the country in regard to trauma-focused police-mental health partnerships.

Wednesday

May 7, 2025

9:00 am - 12:15 pm

Webinar via Webex

TARGET AUDIENCE

Counselors & Family Therapists,
Social Workers, and any other interested
healthcare professionals

CREDIT

AHEC: This program is approved for 0.3 CEU's (3.0 clock hour) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 3.0 hour of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 3.0 hour of social work credit hours.



Please visit www.scahec.net/learn/login to register or scan QR code

For questions, please contact Kimberly Morris 843-777-5352 or Kimberlymorris@mcleodhealth.org