

WORKSHOP DETAILS
& SCHEDULE

**Psychological First Aid
Training**

Presented by

Theresa Gomez, BSW
Kristin Nelson, MSW, PLMHP
Friday, April 7, 2006

**Training to be held at:
Region V Systems
1645 N Street, Suite A
Lincoln, NE 68508**

Workshop Agenda

8:30 a.m. Registration Check In
9:00 a.m. Workshop Begins
12:30 p.m. Lunch
4:30 p.m. Adjourn

**Please call 441-4343 with any
questions.**

**Future dates include:
June 16, 2006 - York, NE
August 4, 2006 - Falls City, NE**



REGION V SYSTEMS

1645 N Street, Suite A
Lincoln, Nebraska 68508

Phone: 402-441-4343
FAX: 402-441-4335
Email: reachus@region5systems.net

**Psychological
First Aid
Training**

**Presented by:
Theresa Gomez, BSW
Kristin Nelson, MSW, PLMHP**

April 7, 2006

**9:00 a.m. to 4:30 p.m.
8:30 a.m. Registration**

The workshop is free of charge!



**Future dates include:
June 16, 2006 - York, NE
August 4, 2006 - Falls City, NE**

REGION V SYSTEMS



**Promoting Comprehensive
Partnerships in
Behavioral Health**

This training is designed for you, if you

- Are adventuresome, sociable, calm, flexible, and tolerant of ambiguity.
- Have empathy, genuineness, positive regard for others, and listening skills.
- Are interested in volunteering to help others in a disaster situation and making a meaningful difference in their lives.
- Are supervising volunteers in behavioral health disaster response; you will want to attend so you are familiar with volunteers' training.

Psychological First Aid Training: A Brief Overview

This training program is an adaptation of "Community-Based Psychological Support" developed by the International Red Cross. This program will give volunteers the skills to provide needed support to others. This course is only eight hours long and is designed to fit into the busy schedules of committed volunteers. This training introduces critical skills in seven areas and equips volunteers to make a lasting impact on the lives of survivors.

The Seven Areas of Training Focus On:

- Psychological support
- Stress and coping
- Supportive communications
- Promoting community self-help
- Populations with special needs
- Helping the helper
- De-escalation

General Information

Cost: Free

Trainers: Theresa Gomez, BSW
Kristin Nelson, MSW, PLMHP

CEUs: A certificate will be issued for eight contact hours.

Please contact Theresa Gomez with any questions at 441-4358 or tgomez@region5systems.net.

Training Location

Date: April 7, 2006*

Location: Region V Systems
1645 N Street, Suite A
Lincoln, NE 68508

Time: 9:00 a.m. - 4:30 p.m.
8:30 a.m. Registration

Lunch and a snack will be provided.

*If you are interested in attending, but are unable to due to date or location, please call and let us know at 441-4343 .

Register by:
Mail: Region V Systems
c/o Jean Barton
1645 N Street, Suite A
Lincoln, NE 68508
Fax: Attn: Jean Barton
402-441-4335
Cost: Free
Questions: 402-441-4343
Deadline: April 3, 2006

Name: _____
Address: _____
City: _____ Zip: _____
Daytime Phone: _____ Evening Phone: _____
Email Address: _____
Profession: _____
Special Dietary Needs: _____

Register Early- Seating Is Limited!