

Great Plains Disaster Behavioral Health Conference Special Pre-Conference Training: July 28, 2022

20th annual
Great Plains Disaster
Behavioral Health Conference
PRE-CONFERENCE

Dr. Jessica Hamblen

CBT Therapy for

Post-Disaster Distress

*for clinicians only (psychologists,
LIMHP, LMHP, APRN, RN, MD)*



You are invited to attend a special pre-conference training on Cognitive Behavioral Therapy for Post-Disaster Distress for clinicians with Dr. Jessica Hamblen.

Who Should Attend:

This training is open to all licensed clinicians including psychologists, LIMHP, LHMP, APRN, RN, and MD.

When:

Thursday, July 28, 2022

Where to Attend:

Embassy Suites – Downtown Old Market
555 S 10th Street, Omaha, NE 68102

RESERVE YOUR ROOM TODAY

Training Objectives:

In this training participants will learn about the four components of the Cognitive Behavior Therapy for Post-Disaster Distress (CBT-PD) program: psychoeducation, relaxation, activity scheduling, and cognitive restructuring.

- Identify and evaluate the appropriateness of the Cognitive Behavior Program for Post-Disaster Distress for specific populations.
- List the four main components of the CBT-PD program.
- Describe common reactions after disaster.
- Demonstrate breathing retraining to a client.
- Detail how to assist clients in activity scheduling.
- Use cognitive restructuring as a way to help clients develop more

accurate and less distressing thoughts.

Instructional Level: Advanced

Continuing Education:

Approved for 6.5 continuing education credits for psychologists.*

*Credits will be awarded to participants who attend the entire training.

Cost to Register for the Pre-Conference Training:

- **Pre-Conference Registration - \$175***

*This cost does not include the main conference registration fee for the Great Plains Disaster Behavioral Health Conference held on July 29.

Agenda: 8:30 a.m. to 4:30 p.m. (CDT)

8:00 a.m.	-	Registration
8:30 a.m.	-	Welcome
10:30 a.m.	-	Break (10 Minutes)
10:40 a.m.	-	Training continues
1:00 p.m.	-	Lunch (provided)
2:00 p.m.	-	Training continues
3:00 p.m.	-	Break (10 Minutes)
3:10 p.m.	-	Training continues
4:30 p.m.	-	Adjourn

Register Today

**Continuing education for psychologists may be used by other licensed behavioral health professionals. Please check with your licensing board. Continuing education credit is granted on a one credit per one instructional hour basis.*

The University of Nebraska Public Policy Center (NUPPC) is approved by the American Psychological Association to sponsor continuing education for psychologists. The NUPPC sponsors this event and maintains responsibility for this program and its content.

Questions?

email julie.nickel@unl.edu or call **402-472-5678**

