

Skills For Psychological Recovery

Train-the-trainer opportunity - Hosted by Minnesota Department of Health



Are you seeking new tools and strategies to help others cope with Covid-related stress?

Are you, your colleagues or families experiencing stress and having trouble coping from the challenges of the past 2 years? Please join us for a new training opportunity offered by MDH.

Who: This set of trainings will focus on the experiences and concerns of children with special health needs and individuals with disabilities and the people who care for them (professionals and caregivers). **All are welcome!**

What: Skills for Psychological Recovery Training: an evidence-based train-the-trainer opportunity to bring practical tools and skills back to your community whether it is your co-workers, families, or individuals you work with. You will learn and apply the skills and then you will share those skills with others.

When: Lunch and Learn with us for 7 Wednesday sessions starting May 18, 2022, and ending on June 29 (12:00 pm-1:30 pm)

Where: Virtual - via Zoom

LEARN IT



APPLY IT



SHARE IT



Register here

[For more information](#)

[Frequently asked questions](#)

Please register by **Monday, May 9**

A **\$200 stipend** is provided on a first come, first serve basis to anyone who completes the training and shares it with 10 or more children, adolescents, or adults.

About the training:

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.

For questions, please email spr@acetinc.com or call **952-922-1811**.

The Skills for Psychological Recovery Training is developed by: National Center for PTSD and National Child Traumatic Stress Network

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