- **Description:** This workshop covers strategies for effective crisis intervention and management, including techniques for de-escalation and support.
- **Training Requirements:**
  - **Hours:** 8 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Crisis intervention manuals and scenario exercises.
  - **Textbook:** "Crisis Intervention Strategies" (Current Cost: $61.00)
- **Cost:**
  - **Individual Rate:** $200 (with textbook: $261.00)
  - **Group Rate (5 or more):** $175 per participant (with textbook: $236.00)

4. Mental Health First Aid Training

- **Description:** This training provides participants with skills to help individuals experiencing a mental health crisis and how to provide initial support and guidance.
- **Training Requirements:**
  - **Hours:** 8 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** MHFA workbook and certification materials.
  - **Textbook:** "Mental Health First Aid: A Guide for Adults" (Current Cost: $30.00)
- **Cost:**
  - **Individual Rate:** $200 (with textbook: $230.00)
  - **Group Rate (5 or more):** $175 per participant (with textbook: $205.00)

5. Coping Strategies for Anxiety and Stress Management

- **Description:** This workshop focuses on effective strategies for managing anxiety and stress through practical coping techniques.
- **Training Requirements:**
  - **Hours:** 4 hours
  - **Prerequisites:** None
  - **Field Supervision:** None required
  - **Materials:** Coping strategy resources and worksheets.
  - **Textbook:** "The Anxiety and Phobia Workbook" (Current Cost: $45.00)
- **Cost:**
  - **Individual Rate:** $100 (with textbook: $145.00)
  - **Group Rate (5 or more):** $80 per participant (with textbook: $125.00)

6. Effective Communication in Mental Health Settings

- **Description:** This training teaches participants best practices in communication within mental health services, emphasizing verbal and non-verbal techniques.
- **Training Requirements:**
  - **Hours:** 6 hours
  - **Prerequisites:** None