

- **Group Rate (5 or more):** \$125 per participant (with textbook: \$145.00)

10. Building Resilience in Clients: Techniques and Strategies

- **Description:** This training focuses on strategies for fostering resilience in clients, equipping professionals with tools to support recovery and growth.
- **Training Requirements:**
 - **Hours:** 5 hours
 - **Prerequisites:** None
 - **Field Supervision:** None required
 - **Materials:** Resilience-building activities and resource materials.
 - **Textbook:** "The Resilience Factor" (Current Cost: \$45.00)
- **Cost:**
 - **Individual Rate:** \$125 (with textbook: \$170.00)
 - **Group Rate (5 or more):** \$100 per participant (with textbook: \$145.00)

Summary

These **Mental Health Trainings** offered by Amitie LLC are designed to provide essential knowledge, skills, and strategies for professionals and direct consumers in the mental health sector. Each training aims to empower participants, enhance service delivery, and ultimately improve mental health outcomes in their communities. By offering flexible modalities and affordable pricing, these trainings ensure accessibility for all interested in building a stronger foundation in mental health support and services.

Here's a comprehensive description and overview for each of the specified **Mental Health Trainings** workshops offered by Amitie LLC. Each workshop is designed to be 1-3 hours long, focusing on essential skills related to mental health support, intervention, and practice.

1. Introduction to Mental Health First Aid

- **Description:** This workshop introduces participants to the basic skills needed to support individuals experiencing a mental health crisis. Participants will learn how to identify signs of mental health distress and provide initial help.
- **Focus:** Basic skills for supporting individuals in crisis, including how to help someone experiencing a mental health emergency until professional support is available.
- **Duration:** 2 hours
- **Target Audience:** Community members, healthcare professionals, educators, and anyone interested in learning how to help individuals in mental health crises.
- **Cost:** \$75

2. De-escalation Techniques for Mental Health Professionals

- **Description:** This training focuses on strategies to effectively calm individuals in crisis situations. Participants will learn techniques that promote safety, reduce anxiety, and foster an environment conducive to recovery.
- **Focus:** Strategies for calming down crises effectively, helping to prevent the escalation of volatile situations.