

- **Target Audience:** Mental health practitioners, substance use counselors, and case managers.
- **Cost:** \$75

7. Trauma-Informed Approaches in Mental Health Services

- **Description:** This workshop emphasizes the principles of trauma-informed care and how to implement these approaches in therapeutic settings. Participants will learn to recognize trauma's impact on mental health and adjust their practices accordingly.
- **Focus:** Implementing trauma-informed care in therapeutic settings to enhance safety and promote healing.
- **Duration:** 3 hours
- **Target Audience:** Mental health professionals, social workers, and community health providers.
- **Cost:** \$100

8. Crisis Intervention and Stabilization

- **Description:** This training provides participants with effective techniques for immediate crisis response, emphasizing assessment, intervention, and stabilization strategies.
- **Focus:** Approaches for immediate response in crises, aiming to ensure safety and effective support during mental health emergencies.
- **Duration:** 3 hours
- **Target Audience:** Crisis response teams, mental health professionals, and social service workers.
- **Cost:** \$100

9. Mindfulness and Self-Care Practices for Mental Health Providers

- **Description:** This workshop focuses on mindfulness and self-care techniques specifically for mental health providers to manage stress and prevent burnout. It promotes well-being both personally and professionally.
- **Focus:** Techniques for reducing burnout and promoting well-being among mental health professionals.
- **Duration:** 1.5 hours
- **Target Audience:** Mental health providers, counselors, and social workers.
- **Cost:** \$60

10. Cultural Competence in Mental Health Counseling

- **Description:** This training emphasizes the importance of cultural competence in mental health services. Participants will learn how to effectively engage and provide services to diverse populations.
- **Focus:** Skills for providing culturally sensitive mental health services, focusing on understanding and respecting diversity.
- **Duration:** 2 hours
- **Target Audience:** Mental health professionals, counselors, and social workers.
- **Cost:** \$75

Summary