

PROMOTING YOUR PSYCHOLOGICAL RESILIENCE: PROGRESSING FROM SURVIVING TO THRIVING FOR THERAPISTS

DATE & TIME: March 3rd & March 5th, 2026 9:00AM - 12:00PM

All registration is completed on the EventsHub prior to the training. Check-in begins 15 minutes prior to the training time. All participants must arrive during the Check-in period. Late arrivals will not be admitted.

PLACE: Web Broadcast – Zoom

REGISTRATION: <https://eventshub.dmh.lacounty.gov/Account/Events/Trainings/Detail/13390>

DESCRIPTION: In this training, attendees will experience both a didactic and experiential component that addresses the stress hazards and psychological demands associated with the provision of mental health services to vulnerable populations. Evidence indicates that the impact of working with consumers who have experienced trauma increases the risk for mental health providers to experience traumatic stress and burnout related to their work. The training will specifically address the hazards of compassion fatigue, burnout, and vicarious traumatization that can diminish therapists' capacities for therapeutic effectiveness over time and lead to decreased wellbeing, exhaustion, and lack of purpose in their professional and/or paraprofessional roles. The training will provide information on trauma informed care, and on the latest research findings in stress and psychological resilience as applied to care providers. The training will also help attendees identify ways to promote their own psychological resilience as well as encourage a collective responsibility to foster health and wellbeing among the therapist/clinicians within their respective agencies.

TARGET AUDIENCE: DMH DIRECTLY OPERATED/LEGAL ENTITY STAFF

OBJECTIVES: As a result of attending this training, participants should be able to:

1. Define burnout, compassion fatigue and vicarious traumatization.
2. Describe how race and ethnicity factors can influence stress loads on consumer/clients and therapists/clinicians.
3. Describe how stress and trauma affect key brain structure and the body.
4. List three of the key factors that promote psychological resilience.
5. Describe three of the ways that stress, trauma, and resilience factor into substance abuse potential for therapists/clinicians.
6. Identify 5 domains associated with protective clinical practice against secondary traumatization and burnout in therapists.

CONDUCTED BY: Rick Williamson, Ph.D., Director of The Emmada Institute

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DEADLINE: March 3, 2026 or until capacity is reached.

CONTINUING EDUCATION: 6.0 Hours (BBS, BRN, CCAPP and Psychology)

COST NONE