

Trainings Available Through St. Catherine's Training Department 2012

Childhood Trauma—Participants will gain a better understanding of the effects of childhood trauma, and implications for treatment.

Traumatic Reenactment—Participants will gain an understanding of traumatic reenactment, the three roles that are acted out during reenactment, greater awareness of their own role(s) during reenactments, and ways of changing reenactment scripts to create a new experience.

Vicarious Trauma & Self-Care—Participants will learn about vicarious trauma and compassion fatigue, as well as learn ways to combat the effects of exposure to secondary traumatic stress.

Stress Management—Participants will learn a variety of stress management, time management and energy management techniques to decrease stress, prevent burn-out and experience greater emotional and physical balance.

Mandated Reporter—St. Catherine's Center for Children is a New York State approved provider of Mandated Reporter Training coursework, required by Chapter 544 of the New York State Laws of 1988. This law requires that training in identifying and reporting child abuse and maltreatment be completed by professionals in the medical, dental, mental health, law enforcement, educational, social work/counseling and child care fields. Upon completion of the course, participants will receive a certificate of completion to be filed with the State Education Department. Since St. Catherine's is a New York State approved provider, completion of this course satisfies the requirements for licensure/certification in the above listed fields.

CPR/ First Aid—

- **CPR Training (Adult, Child & Infant w/AED):** This three-hour cardiopulmonary resuscitation course will equip students with the basic life support skills necessary to handle choking, breathing and cardiac emergencies for all age groups. You will learn how to assess the victim and provide basic life support including airway management, breathing and circulation and use of an automated external defibrillator (AED). The course includes time for practicing techniques. Upon successful completion of this course, participants will be certified in CPR through the National Safety Council.
- **First Aid & CPR (includes AED):** This six and one-half hour course includes the content of the CPR Course plus bleeding and wound care, shock, burns, serious injuries, bone/joint/muscle injuries, stroke, diabetic emergencies, asthma, poisoning, heat/cold emergencies, rescuing/moving victims. Upon successful completion of this course, participants will be certified in CPR through the National Safety Council.
- **First Aid & CPR Instructor Course:** Participants who successfully complete this course will be a certified through the National Safety Council as a First Aid and CPR Instructor.

Infectious Disease Prevention (HIV/Universal Precautions)—This training includes information on air and blood-borne pathogens, tuberculosis and MRSA-CA prevention and control. This training can be modified to meet individual agency/organization protocols for providing service to children and adults. Content can be tailored to include information on contagious and infectious diseases, including HIV/ AIDS, tuberculosis, or other air and blood-borne pathogens, universal precautions to prevent the spread of infectious diseases, and symptoms of other medical problems, such as asthma or lead poisoning, that may be present among the consumer group. This training meets OSHA requirements.

Nutrition & Mental Health—This training provides an introduction to the connection between nutrition and mental health. The course covers the impact of simple versus complex carbohydrates, healthy fats and protein on brain and overall functioning.

Alcohol Related Birth Defects (ARBD) & Fetal Alcohol Spectrum Disorders (FASD)—Pre-natal exposure to alcohol is one of the leading causes of mental retardation and birth defects, and it is 100% preventable if a woman does not drink during her pregnancy. Pre-natal alcohol exposure can lead to life-long social, emotional and learning difficulties. Training on this topic can be tailored to specific audiences from youth to service providers who are assessing the needs of the children and families they are working with. Topic areas can include education and prevention, the effects of alcohol on the developing fetus, and assessment criteria, including how to ask the right questions, how to hear the answers, and identifying needed services.

Sand Tray Therapy—Sand trays are a great tool for working through difficulties or seeing a problem from a different perspective. They are a tool for tapping into one's innermost thoughts and feelings, and bringing them to the surface. Participants will learn about the assessment and therapeutic uses of sand tray therapy with children, families and groups. This workshop can also be geared to the recreational use and benefits of sand trays.

Using Play to Engage Children and Families—Participants will learn about the benefits of using play therapy techniques to engage children and families. Specific strategies will be introduced and practiced.

Teaching Emotional Management Skills—Participants will learn to identify when the fight, flight or freeze response has been triggered, and learn specific strategies for calming the nervous system and managing emotions.

Team Building—Participants will experience a variety of team building activities that improve communication, strengthen relationships and create a stronger team.

*For information regarding how these trainings can be tailored
to meet your program's educational needs, please contact*

Joan Bender, MA, LMHC at 518-453-6765

or e-mail jbender@st-cath.org.