

# Resilience: Learn. Model. Teach.

FREE Live Virtual Course

CE Credits Available for a \$35 fee\*

July 12th and 14th from 1-4pm EDT  
5.5 CE credits (Breaks not included)

\*To earn CE credits, participants must attend both sessions in entirety, complete an evaluation, and pay the CE fees at time of registration

Presented by:

 Institute for  
Human Services

Register: [www.ihs-trainet.com/training](http://www.ihs-trainet.com/training)

## Resilience: Learn. Model. Teach. 6 hrs (Two 3-hr virtual sessions) July 12th and 14th from 1pm-4 pm EDT

This 6-hour intermediate-level course will be useful for psychologists, social workers, clinicians and other helping professionals working with children, youth, and adults. The course will increase the number of professional tools available to support clients on their resilience journey so that they can overcome trials, traumas, and other adverse circumstances they encounter.

Resilience is a set of skills that can be improved upon by an individual and community. In human services, resilient behavior is both a common occurrence, and an area needing continual growth. Being resilient allows us to make a difference without being consumed by negativity. Modeling resilience is a powerful message to our colleagues, clients, and communities. Teaching resilience spreads health and well-being throughout our circles of influence.

How can we use our brains and bodies to learn, model and teach? Your brain is a powerful meaning making machine! You can help it help you by improving your emotional vocabulary, recognizing the fear/excitement switch, and hearing "the meanings". Your body holds the history of your ancestors. Learning to understand and care for your body during "fight, flight, or freeze" moments allows for healthier choices impacting you and those around you. Learning, modeling, and teaching these increases resilience for yourself, colleagues, adults, and children in ever widening circles.

### Participants will be able to:

1. Describe resilience as a process and a skill set that can be learned and improved upon.
2. Assess their current level of resilience and determine areas for growth.
3. Utilize cognitive strategies to improve their resilience.
4. Discuss concrete steps to implement during a "fight, flight, freeze" to model and teach to others.
5. Develop an initial plan regarding how they could model and teach resilience skills in their circles of influence.



### Continuing Education Credits

The Institute for Human Services is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. The Institute for Human Services maintains responsibility for this program and its content.

The Institute for Human Services, #1802, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. States and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Institute for Human Services maintains responsibility for this course. ACE provider approval period: 03/25/2022-03/25/2023.

**This training is approved for 5.5 APA and ASWB CE credits.**

**Note:** This course is offered in multiples segments via Zoom. A few days prior to the session you will receive connectivity instructions via email. **To earn CE credits, participants must attend both sessions in entirety, complete an evaluation, and pay the \$35 CE fee at time of registration.**

**Questions?** Email [training@ihs-trainet.com](mailto:training@ihs-trainet.com) or contact our office at 614-251-6000 Monday through Friday between 9 a.m. and 5 p.m. EDT. If you need additional accessibility supports, please contact us in advance of the training to make necessary arrangements. [View our Grievance and Refund Policy.](#)

### About the Trainer:



**Laura Gaines, MSW, LISW-S.** Laura is a trainer and researcher with a focus on resilience as an individual and community skill. Career experiences include the following: working as a child and adolescent mental health therapist for over 20 years, working with children and adults with developmental disabilities, and training throughout the state of Ohio. She has been an Ohio Child Welfare Training Program trainer and curriculum developer for over 20 years. Her trainings focus on child development, mental health, developmental disabilities, ethics, trauma informed care, and resilience and each person's individual solutions to life's challenges.