

Presented by

**SENECA FAMILY OF AGENCIES** in partnership with  
**ALAMEDA COUNTY BEHAVIORAL HEALTH**

# **ANXIETY DISORDERS, STRESS, AND SELF CARE DURING THE CORONAVIRUS — 6 CEU's**

<b>WHEN:</b> (Th): September 3, 2020 Time: 9:00AM - 4:30 PM  <b>Attendance will be taken at 8:30AM sharp!</b>	<b>LOCATION:</b>  Via Zoom  Registration and Link Information is listed below.	<b>INTENDED AND FREE FOR:</b>  Alameda County Behavioral Health (ACBH) Social Work and Mental Health Staff and Providers Contracted with ACBH
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## About the Course

Our society is experiencing unprecedented levels of anxiety and stress due to the impact of the coronavirus pandemic. Persons with anxiety disorders are reporting increased symptoms and most people have had symptoms of anxiety in the current health crisis. The coronavirus has compounded levels of stress experienced by racial minorities, women, and LGBTQ populations in our society. This course takes a comprehensive look at anxiety disorders and stress, the impact on stress and discrimination on diverse populations, and the impact of COVID 19 including racial disparities and increased challenges experienced and effective self-care approaches used during the coronavirus epidemic.

## About the Presenter

### Paul Gibson

Paul Gibson, LCSW has twenty-eight years of experience as a program director, consultant and educator with youth service agencies and helping professionals. He has developed and managed programs for culturally diverse youth in the areas of residential, HIV, behavioral health and vocational services. Mr. Gibson has been a licensed therapist since 1985 and has authored several articles on LGBT youth including a federal report on Gay and Lesbian Youth Suicide.

## Educational Objectives

- To identify the criteria and treatment approaches for primary anxiety disorders including panic disorder, social anxiety, panic disorder, and generalized anxiety.
- To describe the impact of stress and discrimination on racial minorities, women, and LGBTQ individuals in America.
- To discuss the impact of COVID 19 including current research on stress and COVID 19, racial disparities in cases, and recent protests.

## Zoom Instructions

**\*\*Registrants are responsible for reading the following information\*\***

You are invited to a Zoom meeting.  
When: Sep 3, 2020 09:00 AM Pacific Time (US and Canada)

Register in advance for this meeting:

<https://zoom.us/meeting/register/tJYpcOytqjwjEtRW2IpedoaVsRj8RwJWEw-B>

After registering, you will receive a confirmation email containing information about joining the meeting.

**Registration Assistance :** Jamila Anderson 510-846-4433

**Registration assistance:** [training.unit@acgov.org](mailto:training.unit@acgov.org), (510) 567- 8113

If you must cancel enrollment, please do so at least 72 hours in advance of the training.

To request accommodation\* or to file a grievance about an ACBH sponsored training, go to: <http://www.acbhcs.org/training-calendar>

\*At the Seneca location, close parking (without stairs) is limited, so anyone who needs accommodations should request them right away. Carpooling is encouraged.

