

Supervision In Stressful Times: Managing Staff Stress, Vicarious Trauma, Time Management, Technology-Based Boundaries, and Challenging Supervisees

With Rachel Michaelsen, LCSW

A FREE training presented by Alameda County Behavioral Health and A Better Way

Course Objectives

- 1.) Assess supervisees' level of stress and vicarious traumatization (VT) to determine which kinds of interventions are needed to address the impact of stress and VT.
- 2.) Determine 2 types of interventions to address time management and work prioritization difficulties for staff.
- 3.) Obtain 3 skills to teach to staff how to effectively and ethically provide Telehealth services.
- 4.) Utilize at least 3 different interventions to address challenging behaviors in supervisees in behavioral health care.

In this unprecedented time, staff and supervisors are challenged in new and unexpected ways. In the class, supervisors will learn how to:

- Identify and address stress and vicarious traumatization in their staff.
- Address time management skills and balancing work prioritization while facing the challenges of working from home.
- Understand and monitor ethical concerns of telehealth.
- Intervene with supervisees who present challenging behaviors.

At the end of this course, participants will be able to assess their current supervisees to determine how the unique stresses of these times are negatively impacting their work with clients and overall functioning.

**Please note: There will be a 30-minute lunch.*

Audience: Alameda County Behavioral Health (ACBH) clinical staff and contracted CBO providers are welcome. Capacity is limited. Open until filled.

Rachel Michaelsen, LCSW, is a clinical social worker who has worked in HMOs, public agencies, and private practice as both a mental-health provider and a supervisor for over thirty years. She has taught courses in DSM-5, clinical supervision, law and ethics, childhood psychopathology, time management, vicarious traumatization and energy psychology at universities, conferences, and mental-health agencies. She has a private practice and is also the Chair of the Humanitarian Committee for the Association for Comprehensive Energy Psychology.



Thursday, April 15th, 2021

9:00am-4:00pm | Registration at 8:45am

Online Course | Zoom link sent 2 days before course

6 CE's available for Masters and Doctorate level professionals

TO REGISTER

Click below to sign up & register:

<https://training.abetterwayinc.info/courses/2167>

Private code: **I53abl (translation: elle-53ab-elle)**

A Better Way is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor Continuing Education for LCSW, LMFT, LPCC, LEP (62361), and the California Psychological Association (CPA) to sponsor Continuing Education for PhD, PsyD (ABE010). The California Board of Behavioral Sciences (BBS) recognizes CAMFT and CPA Continuing Education credit for license renewal. A Better Way maintains responsibility for this program and its content. Attendees must attend entire course for CE credit.

For accommodations or Grievances, contact: Trainings@abetterwayinc.net | (510) 913-1326