



## Personal Resilience & Stress Inoculation [Live Virtual Course]

### Background

As we move through the second year of the global pandemic, everyone continues to grapple with a complex and ever-changing combination of acute and chronic stressors, which can take a toll on our ability to function professionally as well as impacting our personal mental health. After an overview on how stress impacts brain functioning, this training will take an applied focus on understanding how to manage stress, with an emphasis on building and maintaining resilience through cognitive approaches including Stress Inoculation.

### Target Audience

Hospital, nursing home, adult care facility, Local Health Department, Emergency Medical Services, and Emergency Management.

### Pre-requisites

No pre-requisites

### Faculty

**Amy Nitza, Ph.D., LMHC**, Director of the Institute for Disaster Mental Health at SUNY New Paltz.

**Karla Vermeulen, Ph.D.**, Deputy Director of the Institute for Disaster Mental Health and Associate Professor of Psychology at SUNY New Paltz.



### Training Sections

- Wednesday, June 9, 2021—3:00 PM
- Wednesday, June 16, 2021—2:00 PM
- Thursday, June 17, 2021—11:00 AM
- Friday, June 25, 2021—1:00 PM

### Questions Regarding NYSDOH Learning Management System (LMS)

Direct questions to [edlearn@health.ny.gov](mailto:edlearn@health.ny.gov) or 518-473-4223 Ext 4.

### Questions Regarding Training

Direct questions to [prepedap@health.ny.gov](mailto:prepedap@health.ny.gov) or 518-474-2893.

### Registration

To enroll in the training, please go to [www.NYLearnsPH.com](http://www.NYLearnsPH.com) and either register or login to the LMS. Search Course Catalog for: [OHEP-BP2-PRSI](#)



**NOTE - PLEASE READ** - Please verify your contact information and employer information in your LMS profile when registering. Any required course correspondence will be sent using the e-mail address listed in the LMS.