

# TITLE IV-E COLLABORATIVE Presents

## MANAGING LOSS AND CHANGE: SURVIVAL TOOLS

**Dr. Janet Childs**, Since 1970, Janet Childs has been actively providing crisis intervention counseling and education focusing on the dynamics of loss, illness, crisis and grief. As a founding member of the Centre for Living with Dying, Janet has participated in the growth of this organization, and has worked with thousands of individuals, groups and professionals on the front lines. The Centre is an international bereavement counseling program - the most comprehensive of its kind in the country, serving over one and a half million people since 1976. The Centre provides support, intervention and education for all age groups and professions on the life issues of loss, serious illness, death, grief and trauma. She presently oversees the educational programs and coordinates the Bay Area Critical Incident Stress Management Team. For the past 30 years, she has offered POST Certified Training for public safety personnel and for the past 35 years, has provided Certified Training for social workers, nurses, teachers and therapists. She has received many awards for working with schools, fire and police departments, traumatic grief and crisis intervention. She has responded with support to major critical incidents such as 9-11, Hurricane Katrina and several earthquakes, locally, such as Loma Prieta. Combining her love of music with her personal and professional experience with loss, she creates a safe and healing environment to gently examine these difficult life issues.

*Dr. Janet Childs*

Wednesday, September 9, 2019

1:00 PM to 3:00 PM

Online Via ZOOM

Loss is a fact of living. Grief is the natural, human response to any loss or change. Issues such as death, living with a serious illness, job loss or change, separation, divorce, violence and sudden or traumatic incidents confront us both personally and professionally on a daily basis. Explore life affirming coping tools. Identify how to recognize stress and grief responses in yourself and others, as well as identify positive action steps for healing. Outcome: Identify dynamics of loss and change that can cause a grief response, Identify behaviors, feelings and thoughts that are common responses in grief, Practice tools for responding to your own grief experience, Utilize the four step process of: Acknowledge, Express, Act and Celebrate as a format for grief recovery.

This course qualifies for 2 hours of continuing education. Continuing education (CE) hours are available to maintain the following licenses with the Board of Behavioral Sciences (BBS): Marriage and Family Therapists, Licensed Clinical Social Workers, and Licensed Professional Clinical Counselors. West Valley College is an accredited post-secondary institution and is recognized by the BBS as an approved continuing education provider. The college is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of Schools and Colleges.

### Eligible County Employees



For questions contact Staff Development & Training at [Rianna.Garcia01@ssa.sccgov.org](mailto:Rianna.Garcia01@ssa.sccgov.org)

\*Must obtain Supervisor approval prior to registering\*

### Eligible Non-County Employees

Register on-line here:

Please email us for any questions here:  
[t4e.collaborative@gmail.com](mailto:t4e.collaborative@gmail.com)