

TITLE IV-E COLLABORATIVE

Self-Care and the Professional

Gabriella Grant, MA

Gabriella Grant is the director of the California Center of Excellence for Trauma Informed Care, overseeing the Center's research, program and professional development as well as policy analysis activities. Her background includes heading the nation's first community corrections-based victim advocacy program and running a three-year project funded by the California Department of Public Health to increase access to domestic violence shelters by women with mental health and/or substance abuse issues. The domestic violence shelter project showed that it is possible to increase capacity to serve women with co-occurring disorders by understanding trauma and developing programs that respond to people's need for safety. Gabriella brings to the Center a long history of professional experience developing innovative programs for female offenders, crime victims, and domestic violence survivors. Through this work she has also gained an understanding of how program design, policies and procedures can positively affect the people being served. She earned her undergraduate degree from Amherst College, a Latin teaching certificate from the Pontifical Gregorian University in Rome, Italy and a Masters in Public Policy from Johns Hopkins University. She has taught at the primary, secondary and university levels and has trained professionals, advocates and consumers in a wide variety of settings.

Friday, June 14, 2019

9:00 AM to 4:00 PM

Registration 8:30 AM

West Valley Campbell Community Center

One West Campbell Avenue, Campbell, CA

Room J 69

This course will look at the impact of trauma on the workers and how to understand self as a key building block of trauma-informed transformation. Participants will score themselves, develop a self-care plan and practice both compassion and mindfulness as a way to counteract the impact of trauma. We will examine the relationship between professionals and their ability to care for themselves. An active demonstration of self-care will be provided and each attendee will score self on a validated tool and develop a personal commitment. Attendees will practice compassionate accountability to help increase self-care and better respond to client issues.

Continuing Education

This course qualifies for 6 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, Licensed Educational Psychologists, 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 pursuant to Section 1887.4.3.

Eligible County Employees



For questions contact Staff Development & Training at Rianna.Garcia01@ssa.sccgov.org

Must obtain Supervisor approval prior to registering

Eligible Non-County Employees

<https://register.asapconnected.com/Courses.aspx?CourseGroupID=28977>

Register on-line by emailing t4e.collaborative@gmail.com