

# TITLE IV-E COLLABORATIVE PRESENTS



## WHAT TO SAY AFTER I'M SORRY



**Dr. Janet Childs**

Thursday, October 15, 2020

1:00 PM to 3:00 PM

Online via Zoom

Registration ends Wednesday, October 7

Links given by Friday, October 9

### **Dr. Janet Childs, AAETS:**

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.

Very few of us are taught what to say or do in the event of loss, illness or trauma. We may want to help, but may not be sure what works. Explore simple and profound techniques for being present to a co-worker, friend, family member, or client in a positive, helpful way; learn useful techniques for self-care.

#### Outcomes:

- Identify situations in which you would want to reach out to support someone
- Learn what is a helpful or what is detrimental for different relationships and types of people
- Practice helpful responses in interaction with others facing loss or change
- Explore tools for self-care, as you are supporting others

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

[Bianna.Garcia01@ssa.sccgov.org](mailto:Bianna.Garcia01@ssa.sccgov.org)

\*Must obtain Supervisor approval prior to registering\*

### **Eligible Non-County Employees**

Register on-line here:

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

If you have questions please email us at:

[T4e.collaborative@gmail.com](mailto:T4e.collaborative@gmail.com)