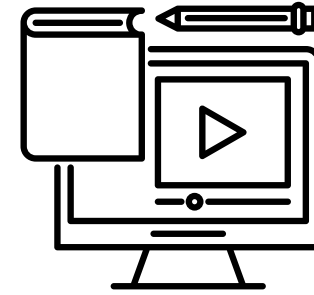


# PSS & FPSS TRAINING INSTITUTE



## DECEMBER 8

### WELCOME & NETWORKING

9:00 AM - 10:00 AM

### RACISM IN HEALTHCARE- PART 1

10:15 AM - 11:15 AM

### RACISM IN HEALTHCARE- PART 2

11:30 AM - 12:30 PM

### CENTERING EQUITY & ANTI-RACISM

1:30 PM - 3:00 PM

#### LINKS FOR LEARNING

A package of resources for participants to continue to explore topics covered each day.



## DECEMBER 9

### PANDEMIC STRESS

9:00 AM - 10:00 AM

### TRAUMA-INFORMED CARE IN A VIRTUAL ENVIRONMENT- PART 1

10:15 AM - 11:15 AM

### TRAUMA-INFORMED CARE IN A VIRTUAL ENVIRONMENT- PART 2

11:30 AM - 12:30 PM

### TRAUMA-INFORMED CARE IN A VIRTUAL ENVIRONMENT- PART 3

1:30 PM - 3:00 PM

#### LINKS FOR LEARNING

A package of resources for participants to continue to explore topics covered each day.



## DECEMBER 10

### THE SCIENCE OF MEDITATION TRAINING- PART 1

9:00 AM - 10:00 AM

### THE PRACTICE OF MEDITATION TRAINING - PART 2

10:15 AM - 11:15 AM

### THE APPLICATION OF MEDITATION TRAINING - PART 3

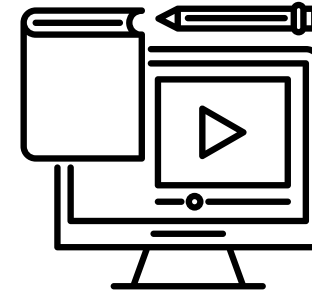
11:30 AM - 12:30 PM

#### LINKS FOR LEARNING

A package of resources for participants to continue to explore topics covered each day.



# PSS & FPSS TRAINING INSTITUTE



## DECEMBER 8: SESSION DESCRIPTIONS

### WELCOME & NETWORKING

9:00 AM - 10:00 AM

Welcome remarks, introductions, and opportunities for participants to network

PRESENTER: JILL KLUESNER, MA, CRC & SOUMYA PALREDDY, PHD

### RACISM IN HEALTHCARE- PART 1

10:15 AM - 11:15 AM

In this 2-part session, participants will increase their knowledge about the roots of racism in healthcare and the impact of racism on health outcomes.

PRESENTER: SOUMYA PALREDDY, PHD

### RACISM IN HEALTHCARE- PART 2

11:30 AM - 12:30 PM

### CENTERING EQUITY & ANTI-RACISM

1:30 PM - 3:00 PM

During this session, participants will learn about anti-racism and how it differs from diversity, inclusion, and related terms. Additionally, participants will also discuss how they may apply anti-racism to the scope and role of FPSS and PSS.

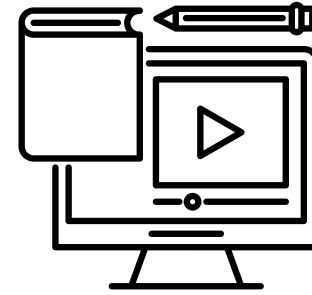
PRESENTER: SOUMYA PALREDDY, PHD



### LINKS FOR LEARNING

A package of resources for participants to continue to explore topics covered each day.

# PSS & FPSS TRAINING INSTITUTE



## DECEMBER 9: SESSION DESCRIPTIONS

### PANDEMIC STRESS

9:00 AM - 10:00 AM

This session focuses on how to acknowledge and contextualize the impact of the stress that individuals and communities are experiencing related to the COVID-19 pandemic. Participants will learn the individual and community impact of pandemic stress and increase their awareness of how to support themselves and others. Participants will integrate information about grief and trauma into concepts related to self-care and community-care.

PRESENTER: JILL KLUESNER, MA, CRC & SOUMYA PALREDDY, PHD

### TRAUMA-INFORMED CARE IN A VIRTUAL ENVIRONMENT- PART 1

10:15 AM - 11:15 AM

### TRAUMA-INFORMED CARE IN A VIRTUAL ENVIRONMENT- PART 2

11:30 AM - 12:30 PM

### TRAUMA-INFORMED CARE IN A VIRTUAL ENVIRONMENT- PART 3

1:30 PM - 3:00 PM

This session deconstructs the principles of trauma-informed care to equip participants with tools on how to create environments that support physical, psychological and emotional safety. In this three-part series, participants will sharpen their awareness of trauma-informed principles, learn how to apply these principles to the scope and role of FPSS and PSS, and review how to utilize these strategies in virtual and in-person environments.

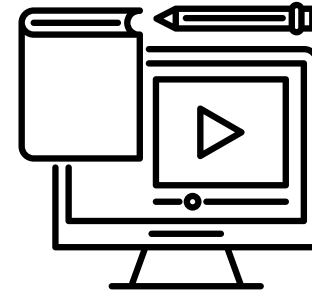
PRESENTER: JILL KLUESNER, MA, CRC



### LINKS FOR LEARNING

A package of resources for participants to continue to explore topics covered each day.

# PSS & FPSS TRAINING INSTITUTE



## DECEMBER 10: SESSION DESCRIPTIONS

### THE SCIENCE OF MEDITATION TRAINING- PART 1

9:00 AM - 10:00 AM

In this session, participants will gain key insights from the research on training the mind. These inspiring findings in the science of Meditation Training can support FPSS and PSS in their work with individuals and families.

PRESENTER: CHAD MCGEHEE, MA

### THE PRACTICE OF MEDITATION TRAINING- PART 2

10:15 AM - 11:15 AM

**The Practice of Meditation Training:** In order to experience the benefits of Meditation Training, participants will be invited to practice meditation. In this session, participants are invited to engage in simple practices and will be encouraged to continue their journey of training the mind.

PRESENTER: CHAD MCGEHEE, MA

### THE APPLICATION OF MEDITATION TRAINING- PART 3

11:30 AM - 12:30 PM

**The Application of Meditation Training:** This session will explore the variety of ways that Meditation Training can show up in daily life. The reason we meditate isn't to become great meditators, it's to have great lives.

PRESENTER: CHAD MCGEHEE, MA



#### LINKS FOR LEARNING

A package of resources for participants to continue to explore topics covered each day.