

## THREE-HOUR LIVE WEBINAR

Thu., Aug. 31, 2023

(REGISTRATION FORM)

# PTG: POST-TRAUMATIC GROWTH

– OPPORTUNITIES & POSSIBILITIES FOR RECOVERY –

### LIVE WEBINAR:

Thu., Aug. 31, 2023, 12:00 PM – 3:30 PM, (Eastern Time)

or 11:00 AM – 2:30 PM, (Central Time)

or 9:00 AM – 12:30 PM, (Pacific Time)

\$69 – Pre-Registration Rate: Live Webinar with 3 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at [info@biocorp.com](mailto:info@biocorp.com) for more information.

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City/State \_\_\_\_\_ Zip \_\_\_\_\_

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Profession \_\_\_\_\_ License No. \_\_\_\_\_

Pharmacists only: NABP # \_\_\_\_\_ Date of Birth \_\_\_\_\_ mm / dd / yy

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### There are four ways to register:

- 1) **Internet:** [www.INRseminars.com](http://www.INRseminars.com)
- 2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757  
(Make check payable to INR.)
- 3) **Fax:** (925) 687-0860
- 4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

## ACCREDITATION

To obtain the 3 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

### MENTAL HEALTH COUNSELORS, MFT's, & ADDICTION COUNSELORS

Institute for Natural Resources has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7156. Programs that do not qualify for NBCC credit are clearly identified. Institute for Natural Resources is solely responsible for all aspects of the programs.



Under Sponsor #00088989 and Approval #60007971338, CRCC has approved this course for three contact hours. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0089. Under Approval #20230081, the Oklahoma Board of Licensed Alcohol and Drug Counselors has approved INR as an approved provider of continuing education. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

### SOCIAL WORKERS

Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 3 continuing education credits. The California Board of Behavioral Sciences will accept courses approved by ASWB. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education. Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. Oklahoma State Board of Licensed Social Workers Provider Number CEP # 20230017.

### PSYCHOLOGISTS, PSYCHOANALYSTS, & CREATIVE ARTS THERAPISTS

INR, under Provider #00PO-942948967 from the Ohio Psychological Association—Mandatory Continuing Education Office, is an approved provider of continuing education for Ohio-licensed psychologists. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Under License # PSY000214, the Pennsylvania Board of Psychology has approved INR as a CE sponsor/provider. This program has been approved by the Minnesota Board of Psychology for 3 continuing education hours. Institute for Natural Resources is (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts. #P-0036. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042. Institute for Natural Resources (INR), is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for Licensed Creative Arts Therapists. Provider Number #CAT-0072.

### PSYCHIATRIC NURSES & NURSE PRACTITIONERS

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

The provider is approved by the California Board of Registered Nursing, Provider Number CEP06136, for 3.6 contact hours.

### CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

### PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-23-038-L04-P. This is a knowledge-based CPE activity.



### PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 3 contact hours (Approval # CE23-1036176). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 3 continuing competency units. Under Sponsor #216-000264, the Illinois Dept of Prof Regulation has approved INR as a sponsor for continuing physical therapy education.

### NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 3 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

### MESSAGE THERAPISTS

Institute for Natural Resources is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider, Provider #299936-00, and is also sponsored by NCBTMB to teach New York LMT's continuing education that is accepted by the State of New York for license renewal. Under CE Broker #50-3026, INR is an approved provider by the Florida Board of Massage Therapy to provide continuing education courses.



# PTG: POST-TRAUMATIC GROWTH



OPPORTUNITIES & POSSIBILITIES  
FOR RECOVERY

A NEW 3-HOUR LIVE WEBINAR

## SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. Fees subject to change without notice.

## SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live programs yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standards, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: [info@inrseminars.com](mailto:info@inrseminars.com); website, [www.INRseminars.com](http://www.INRseminars.com)

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to [info@inrseminars.com](mailto:info@inrseminars.com) or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

# PTG: POST-TRAUMATIC GROWTH

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## Frequently Asked Questions

### Q: What do I have to do to complete the live Webinar successfully?

To obtain the 3 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

### Q: How will I know that my profession qualifies for continuing education

**credit?** Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

### Q: What happens if I have technical difficulties watching or hearing a

**Webinar?** You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

### Q: My profession is not listed on the brochure. Is it possible to obtain

**continuing-education credit?** Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at [info@biocorp.com](mailto:info@biocorp.com). The customer-service office can tell you if INR has approval for your profession.

## COURSE SUMMARY

This presentation will focus on the potential growth inherent in navigating through difficult events or trauma. The concept of "post-traumatic growth" was first described by Tedeschi & Calhoun. The course will include historical relevancies and will discuss the theory, benefits and challenges of PTG. Participants will learn about post-traumatic growth in regards to how it differs from, and overlaps with, other trauma recovery approaches. The information presented is designed to assist you in supporting your clients while unfolding post-trauma growth and wellness. PTG is a process for working with clients without minimizing their trauma or struggles, while providing tools to help open the door to growth, and foster progress forward. Through various studies, researchers have learned that while not all who experience trauma will eventually achieve PTG, many do. Further, research has identified factors which can promote PTG, those relevant for trauma survivors from diverse clinical populations. PTG is different from resilience which is a personality attribute related with an individual's ability to go through or bounce back following adverse events. PTG refers to a form of "stress-related growth" that is designed to help survivors of trauma to eventually gain a sense of fulfillment, purpose, meaning and growth as a result of the trauma they endured.

**Disclaimer:** These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses. Furthermore, the contents of these presentations are relevant to graduate level counselors; The presenter teaching the program has an advanced degree in the mental health field.

## PROGRAM/LECTURE

### First Hour:

#### TRAUMA

- Intergeneration, Racial, Cultural Traumas
- Psychological, Emotional, and/or Physiological
- Types of Trauma: Acute, Chronic, or Complex
- Childhood Trauma

#### PTG: POST-TRAUMATIC GROWTH

- What it is; What it is Not
- The History of the Development of PTG
- Relevant Research: PTG with PTSD and CPTSD

### BREAK (15 MINUTES)

### Second Hour:

#### THERAPUETIC INTERACTIONS

- Patient/client disclosure of trauma and the trauma narrative
- Subjective experience of depersonalization and derealization
- Subjective experience of trauma-related disorders
- Vicarious Trauma

#### FACTORS WHICH MAY IMPACT PTG

- Age: Very young children may not have the capacity to easily or readily achieve PTG.
- Gender: Women appear to develop PTG more consistently than do men.
- Extroversion (vs. introversion): Extroverts seem to be able to more quickly develop PTG than introverts.

### BREAK (15 MINUTES)

### Third Hour:

#### PTG GOALS: FIVE DOMAINS OF GROWTH

- An enhanced appreciation for life
- A significant shift in how the individual relates to others
- A new openness to possibilities and opportunities
- An altered perception of personal strength
- Spiritual change or transformation

#### TRAUMA-INFORMED CARE

- Promoting a culture of safety, empowerment, and healing
- Culturally sensitive informed care
- Managing re-traumatization: triggers and responses
- Trauma therapeutic tools and trauma safety plans

#### TRAUMA-FOCUSED THERAPUETIC INTERVENTIONS

#### RESOURCES and LINKS and CONCLUDING THOUGHTS

#### Questions/Answers, Course Quiz Review, & Evaluation

## LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) describe psychological and emotional trauma, trauma and culture(s), and the stress/trauma relationship.
- 2) define "post-traumatic growth" and how living through a crisis can make individuals stronger.
- 3) review the importance of therapeutic interactions with trauma clients and their subjective experience(s).
- 4) describe post-traumatic growth in relation to PTSD and Complex PTSD.
- 5) identify strategies to promote and strengthen recovery factors among those they are helping.
- 6) review practical interventions and how to put theory into practice.

## INSTRUCTOR

**Dr. Samara C. Kezele Fritchman (LMHC, EJD, PhD)** is a Washington State licensed mental health counselor (LMHC), a national certified counselor (NCC) through NBCC (National Board for Certified Counselors), a Certified Employee Assistance Professional (CEAP), and a Critical Incident Responder as a Certified Clinical Trauma Professional. Dr. Fritchman holds a doctoral degree (PhD) in educational psychology and an executive juris doctorate (EJD: a law degree for those individuals who do not intend to become practicing attorney) from Columbus University. In addition, she obtained a master's degree in counseling psychology from St. Martin's College, and has been in private practice for 30 years. In her professional career, Samara has provided consulting, counseling, and professional-development services. She has over 40 years of experience working with all levels of staff, spanning a variety of job classifications, ethnic backgrounds, and educational levels within a wide variety of industries providing consulting, counseling, and professional development services. Dr. Fritchman currently provides tele-therapy for Employee Assistance Programs (EAP). Dr. Fritchman is the presenter of several INR programs: "Ethics/Legal Issues for Mental Health Professionals," "Suicide Assessment, Treatment & Management, and Collaborative Management with Health Professionals," and "Diversity and Cultural Competence." Samara's presentations are derived from her work with complex clients, which includes "Inner Child Work." Samara's "Ethics" program is one of the longest-running national ethics seminars in the United States. Samara's use of humor, relevant examples, and the ability to elicit lively audience interactions help make a tough subject fun and the day fly by.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

## SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.