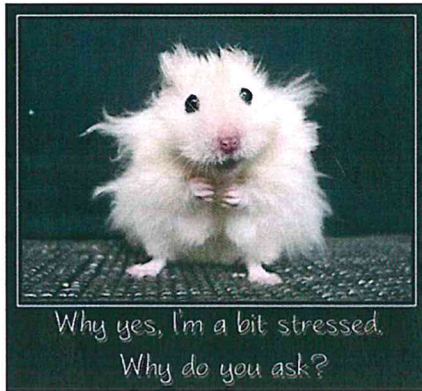


Institute for Health Care at Menorah Park
27100 Cedar Road - Beachwood, OH 44122
Tel: 216-360-8216 aschancel@menorahpark.org

Let's Undress Stress



PURPOSE:

This workshop will assist participants in the understanding of the various symptoms and chronic manifestations of stress and their common sources. Stress affects all clients and families in their abilities to cope with and implement skills to deal with the problems and dilemmas they may face. The professional will be aided to explore the role of attitudes and perceptions in the development and management of stress and responses to it - including how to effect change and teach these skills to clients in varied and effective methods. This will help participants understand the need to help others develop the inner resources to apply and strengthen the ability to manage stress in their lives more healthfully and productively. By further understanding the on-going impact that stress has on peoples' lives and the importance of developing adaptive strategies participants will be better equipped to assist the individuals that they are engaged with toward safer and more positive behavior and development.

OBJECTIVES:

- Identify major concepts, manifestations and definitions of the stress-response phenomenon
- Relate the importance of attitudes and perceptions to the development and management of stress
- Identify positive coping mechanisms and stress management techniques that be can be used to deal with and alleviate stress - and how best to convey and teach these to clients and families
- Identify the impact of stress on safety issues and concerns

Speaker...

Marcella Balin

June 20, 2018

8:45 am - 4:00 pm
(Registration 8:30 am)

6 CEUs

Administrators, Nurses,
BELTSS Approval # Pending

\$135

(Lunch Included)

Name: _____

Telephone: _____ Email _____

Card Number _____

Name on Card _____

Billing Address: _____

City: _____ Zip: _____

Expiration Date _____ CID (3 digits on back) _____