

## **Wellness Counseling Inc.**

### **GLOW Therapist Retreat**

(Gain Lots of Wisdom Retreat)

Wellness Counseling Inc. is excited to offer this wonderful destination CE retreat to mental health providers of all different specialties and backgrounds. This retreat is providing you the opportunity to prepare and plan surrounding issues of vicarious trauma and being able to apply skills and tools demonstrated in the workshop through experiential activities. The workshop focus will be on how to Assess, Prevent, Manage, and treat Vicarious Trauma. You will certainly go back home **GLOWing** after attending this workshop and experience.

**Topic/Subject:** Assess, Prevent, Manage, and Treat Vicarious Trauma

**Intended Audience:** Psychologists, Counselors, Social Workers, Mental Health Providers

**Skill Level:** Beginner, Intermediate

**CEs Offered:** 12

**Learning Objectives - Upon Completion of the Program, Participants will be able to:**

- Describe and define Vicarious Trauma, and Types of Vicarious Trauma
- Identify how Vicarious Trauma has changed over time.
- Identify screening and assessment tools for vicarious Trauma
- Apply assessment/screening tools for vicarious trauma
- List individuals/populations that can be impacted by vicarious trauma
- Identify what puts individuals at risk of vicarious trauma
- Identify 5 Symptoms of Vicarious Trauma
- Identify 3 methods/tools of Preventing Vicarious Trauma
- Apply tools/methods of Preventing Vicarious Trauma
- Describe 3 approaches to treat vicarious trauma
- Apply 3 approaches to treat vicarious trauma

- Describe a trauma informed workplace/practice
- Identify 3 practices to have a trauma informed workplace/practice

**Instructor:**

Arilda Surridge, M.A., LMFT

**About the Instructor:**

Arilda Surridge is a Certified EMDR Therapist, an EMDRIA Consultant in Training, an approved Clinical Supervisor, and a Gottman Couples Therapy Level 3 trained therapist. She is also a Gottman Leader in Leading “7 Principles for Making a Marriage Work”. She is specialized working with trauma, anxiety, depression, and couple’s. Additionally she has focused and specialized experience with working with early trauma, complex PTSD, recent and ongoing traumatic stress, treating affairs, and treating other mental health providers.

**GLOW Retreat in Panama, July 14th to 19th, 2024**

**Program Agenda \*Subject to Change\***

***Day 1:***

Arrival (Various Times)

7 pm: Welcome Dinner, Introductions

***Day 2:***

7 am Yoga

8 am Breakfast

9 am Break/Downtime

10 am Workshop Session 1 – What is Vicarious Trauma? (1 hour)

11 am Workshop Session 2 – How has Vicarious Trauma Changed Over time? (1 hour)

12 pm Lunch

1 -4 pm Break Downtime/Adventure

4 pm Workshop Session 3 – Screening/Assessment Tools for Vicarious Trauma? (1 hour)

5 pm Experiential Activity – Applying Screening/Assessment tools (1 hour)

6 pm Break/Downtime

7 pm Dinner

### ***Day 3***

7 am Yoga

8 am Breakfast

9 am Break/Downtime

10 am Workshop Session 4 – Who experiences Vicarious Trauma? (1 Hour)

11 am Workshop Session 5 – Who is at Risk for Vicarious Trauma? (1 hour)

12 pm Lunch

1 -4 pm Break Down/Time/Adventure

4 pm Workshop Session 6 – Symptoms of Vicarious Trauma (1 hour)

5 pm Break/Downtime

7 pm Dinner

### ***Day 4***

7 am Yoga

8 am Breakfast

9 am Break/Downtime

10 am Workshop Session 7 – Methods and Tools to Prevent Vicarious Trauma (1 hour)

11 am Experiential Activity Session 8 – Applying Tools to Prevent Vicarious Trauma (1 hour)

12 pm Lunch

1 -4 pm Break Down/Time/Adventure

4 pm Workshop Session 9 – Approaches to treat Vicarious Trauma (1 hour)

5 pm Experiential Activity Session 10 – Application of approaches to treat Vicarious Trauma (1 hour)

6 pm Break/Downtime

7 pm Dinner

### ***Day 5***

7 am Yoga

8 am Breakfast

9 am Break/Downtime

10 am Workshop Session 11 – How does a trauma informed work place/practice look like? (1hour)

11 am Experiential Activity Session 12 – Creating a plan to have a trauma informed workplace/practice (1 hour)

12 pm Lunch

1 -7 pm Break Down Time/Adventure

7 pm Farewell Dinner

### ***Day 6***

Day of Departure (Various Times)

## **Wondering what to expect and what is included?**

- Workshops with Experiential Exercises focused on Assessing, Managing, Treating, and Preventing Vicarious Trauma
- 5 Night ALL Inclusive Accommodations - All Meals (able to cater to DF, GF, vegetarian, and vegan preferences), Snacks, and Drinks are Included
- All Accommodations are Oceanview - Can be Double or Single Rooms
- Transportation from the Resort to David Airport Round Trip (under 1hr each way)- Ground transport from David Airport to the nearest marina, where you will be taken on a boat ride through the mangroves to arrive at the island
- The resort has an Infinity pool, 2 beautiful private sandy beaches, and a beach bar equipped with a brick-fired pizza and complimentary service at sea

- Unlimited use of surfboards, kayaks, and paddle boards (explore the coastline and mangroves at your own time, or paddle over to our private surf break)
- Unlimited use of the games room (ping-pong, darts board, and extensive board games offering)
- Open use of the Nature Trail
- Group Activities Included: Daily Yoga, Howler Monkey Hiking Tour, Kayaking Mangrove Tour, Sunset Cruise, Full-Day Snorkeling and Island Hopping Tour to Islas Secas, the option to scuba dive if already certified. Beach Bar BBQ farewell party on the last day/night at East Beach on your last day/night
- Please note that travel/flights not included

### **Are you Ready to Register? This retreat is Limited to 24 People**

-To secure your spot a \$500 USD Deposit is due (non-refundable)

-Payment Plans/Arrangements Available

-Total Cost per person for Double Room: \$2,500 USD (Total for CE Class & All Inclusive Accommodations)

-Total Cost per person for Single Room: \$3,250 USD (Total for CE Class & All Inclusive Accommodations)

-Early Bird Discount: \$200 USD off Until February 14, 2024

-An additional \$100 off if individuals are from underrepresented backgrounds, or working in community mental health.

-Groups of 6 or more registering together get \$200 off from the total amount

--Spouses/Partners/Friends are able to come! The way this works is that you would book a “single” room and additional person would be \$1,750 USD and their stay would be ALL INCLUSIVE as well and would be able to enjoy all the activities with you minus the class providing the CEs.

-Total Amount is Due by 30 days before start of retreat

### **Terms and Conditions:**

- Cancellation Policy: 50% Refund if Canceled 60+ days before Start of Retreat, 25% Refund if Canceled 30+ days before start of Retreat, No refund if canceled 29 days or less before the retreat. If the program must be canceled on the part of Wellness

Counseling Inc. for unforeseen reasons, a full refund will be issued. In this case, Wellness Counseling Inc. holds no financial responsibility for changes to airfare and other miscellaneous charges

- There are no known conflicts of interest for this training.
- Wellness Counseling Inc. has no part in the financial agreement between you, the participant, and the hotel
- Grievances: All grievances must be in writing to [admin@wellnesscounselinginc.com](mailto:admin@wellnesscounselinginc.com) , and will be replied to within 5 - 10 business days.
- This venue is located outside of the United States and may not meet the United States ADA standard.
- Audio and/or visual recording of the training is prohibited

### **CE Information:**



- CE-Classes.com is the provider of (CEs).
- Certificates are awarded online after completion of the workshop. Participants print their own certificate after registering at CE-Classes.com, entering a keycode, and completing an evaluation form.
- Licensed Professionals should contact their regulatory board to determine course approval.

### **CE-Classes.com is approved by:**

- The American Psychological Association (APA) CE-Classes.com is approved by the American Psychological Association to sponsor continuing education for psychologists. CE-Classes.com maintains responsibility for this program and its content.
- Florida Certification Board
- The Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling Provider #852 BAP-Expires 3/31/2025
- The California Board of Behavioral Sciences. The California Board of Behavioral Sciences, BBS, recognizes relevant course work/training that has been approved by nationally recognized certifying bodies, such as APA, to satisfy renewal requirements.

- California Consortium of Addiction Programs and Professionals (CCAPP) Provider Number OS-12- 174-0225 Expires 02-2025
- The Texas Board of Social Work Examiners – CE-Classes.com meets the requirements for acceptable continuing education
- The Texas Board of Professional Counselors – CE-Classes.com meets the requirements for acceptable continuing education
- Massachusetts Authorization Number: (TBD)
- Ohio Counselor, Social Worker and Marriage and Family Therapist Board - Approval from a state licensing board for counselors, social workers, marriage and family therapists is accepted by the OH CSWMFTB.
- New York Social Work Board – CE-Classes.com is recognized by the New York State Education Department’s State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0120.
- New York Mental Health Practitioners Board CE-Classes.com, Inc. is recognized by the New York State Education Department’s State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0260.
- New York Psychology Board CE-Classes.com, Inc. is recognized by the New York State Education Department’s State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0211
- The Florida Board of Nursing (CE Provider #: 50-4896) Expires 10/31/2024 Do not send certificates to the Florida Board of Nursing. You must keep this certificate for 4 years.
- The California Board of Registered Nursing. CEP 15647 Expires 11/30/2024.
- This course is NOT available for NBCC credit
- This training does not offer ASWB ACE credit to social workers.