

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 Playa del Carmen, MX December 7th to 12th, 2024

Palmaia, The House of AiA,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?

Palmaia stands apart with its location between a pristine white sand beach and cool-water cenotes on the cusp of the undisturbed jungle, and thoughtful programming created for guests to explore and step outside their usual comfort zones. The Architects of Life program, led by the resident Shaman, offers personal growth practices such as cacao ceremonies, yoga, multi vibrational sound healing, meditation, plant ceremonies, and ancient practices. While the Rituals of Sound program features experimental musicians, who transport guests through curated deep beats and deep-fusion electronic music with acoustic overlays.

- Architects of Life Program: daily mind, body and soul activities, led by top qualified practitioners
- Rituals of Sound: electronic music program with special guest appearances
- À la Carte Breakfast, Lunch and Dinner at 4 dining locations
- Quality beverages
- 24-hour Room Service
- Kid's Center with Waldorf-Inspired Activities
- Bike Sharing Service
- Fiber-Optic Wi-Fi
- Nomadic Guides & Concierge Services
- Jungle Gym
- Stand-Up Paddle Boards

Are you Ready to Register?

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

-Payment Plans/Arrangements Available

-Total Cost per person for Double Room: \$2,900 USD (Total for CE Class & All Inclusive Accommodations)

-Total Cost per person for Single Room: \$3,975 USD (Total for CE Class & All Inclusive Accommodations)

-Early Bird Discount: \$250 USD off Until June 7th, 2024

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

-Spouses/Partners/Friends/Children are able to come! The way this would work is that you would book yourself with a Double Accommodation and your “Adult Guest” (ages 13 and up) for 5 nights would be an additional \$2,150 USD for the 5 nights, Children ages 3-12 years old are an additional \$1,950 USD for 5 nights, Children ages infant to 2 years old are an additional \$1,400 USD for 5 nights and their stay would be ALL INCLUSIVE as well. Childcare is provided during the day at the resort Center for not additional Costs. Your guests would be able to enjoy all the activities with you minus the class providing the CEs. Deposit (non-refundable) needed for guest is \$250 USD.

-Total Amount is Due by 60 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 , 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
- Please note that travel/flights not included

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.