



Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine services invite you to attend its June 2018 presentation.

Wednesday, June 13, 2018

Noon to 1:30 p.m.

Burtness Auditorium

Santa Barbara Cottage Hospital

Enter the Bath Street lobby

**Guest Speaker:**

Dr. Betsy Bates Freed

**Program Coordinators:**

Mari Mender, BSN, RNC,  
Psychiatry Educator

Carole Reynolds Ingraham,  
LMFT

**Education Consultant:**

Christine Block, MSN, RN,  
CNRN

## SEEDS OF CHANGE: FOSTERING POST-TRAUMATIC GROWTH BY DRAWING ON HIDDEN STRENGTHS

Dr. Betsy Bates Freed is a licensed clinical psychologist whose private practice focuses on patients with physical illnesses and their families. She also serves as president of the Santa Barbara County Psychological Association and is an adjunct faculty member in the doctoral psychology program at Antioch University Santa Barbara.

In this presentation, she will discuss how to identify biographical clues, details of experienced trauma and cultural identity in order to help patients discover internal sources of strength to guide them toward emotional recovery and growth. Additional information presented will focus on modifiable and non-modifiable features of an individual's circumstances and challenges to support personal healing and post-traumatic growth.

Course Objectives:

1. Define post-traumatic growth and list factors associated with its expression following illness, substance abuse treatment and natural disasters.
2. Describe specific therapeutic approaches such as Cognitive Behavioral Therapy and other solution-focused therapy to cultivate coping skills and growth for patients during the post-traumatic trajectory.
3. Examine strategies to support and guide patients through and beyond post trauma.

Free of charge for CH employees.

Others: \$15

Lunch is available for purchase from the Cottage Café located just inside the original entrance at Pueblo and Bath St. If you place an order, please stop by and pick up your lunch on your way up to the auditorium.

<https://emenu.e-touch.com/Browse.aspx?s=313&ctx=new>

Using the link provided, please click **Continue**. It is not necessary to register as a new user to order from the café.

## CONTINUING EDUCATION UNITS

**Physicians:** Please note that due to changes in the requirements to qualify for CMEs, Psychiatric Grand Rounds is no longer able to offer CMEs.

Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs and/or LEPs as required by the California Board of Behavioral Sciences. Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs (Provider #57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its contact.

Course approved for 1 contact hour for RNs by the California Board of Registered Nursing (Provider #00252), through the Education Department, Cottage Health.

No RSVP or advanced registration/payment will be required. Registration for course attendees requesting continuing education credit will take place prior to the start of the course. **CH Employees** may receive the Continuing Education Completion Certificate through HealthStream.

**Others:** The completion certificate will be issued within 10 business days following receipt of the course evaluation and \$15 fee. Detailed instructions will be provided at registration.

Grievances may be addressed directly to the Education Department.

If you are in need of special accommodation, please contact the Education Department at 805-569-7325.

