

**Santa Barbara Cottage Hospital Psychiatry and Addiction Medicine
Department invites you to virtually attend its September 2020 presentation.**

TRIGGERS: HOW WE CAN STOP REACTING AND START HEALING

David Richo, Ph.D

Based on research in psychology and neuroscience, it is known that people are often triggered by what is said or done by others. When this happens, the immediate reaction is frequently one of fear, anger, withdrawal or depression. Studies indicate when patients are subjected to events reminding them of past traumatic situations, they may become “triggered” based on their life experiences. Therefore, they may behave or react in ways that are detrimental to daily life and interpersonal relationships.

This presentation will identify several indicators of past traumas. There are specific practices (therapies and clinical practices) to help patients process the original trauma and thus reduce the impact of present day triggers. One can engage in spiritual practices especially those specific to Buddhism such as mindfulness and loving-kindness.

OBJECTIVES:

1. Define the meaning of “triggers.”
2. Identify how triggers affect patients and application in clinical practice.
3. Explain therapeutic approaches to address triggers and foster peace of mind.

David Richo, Ph.D., is a psychotherapist, writer and workshop leader. He received his BA in psychology from Saint John’s Seminary in Brighton, Massachusetts in 1962, his MA in counseling psychology from Fairfield University in 1969, and his Ph.D in clinical psychology from Sierra University in 1984. Since 1976, Richo has been a licensed marriage, family and child counselor in California. He teaches at a variety of places including Esalen and Spirit Rock Buddhist Center. Sharing his time in California between Santa Barbara and San Francisco, David combines psychological and spiritual perspectives in his work.

TUESDAY, SEPTEMBER 22, 2020

Noon to 1:30 p.m.

No meals or breaks provided.

No CE credits are being offered
at this time.

This event has gone virtual.

Join us via GoToTraining at:

<https://attendee.gototraining.com/r/5375175207031484674>

Training ID: 999-189-644

Learn more about our Psychiatry and Addiction Medicine services at:

cottagehealth.org/mentalhealth

Please register at:

<https://attendee.gototraining.com/r/5375175207031484674>

Training ID: **999-189-644**

After registering you will receive a confirmation email containing information about joining the training.

CONTINUING EDUCATION

Physicians: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- 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.

Program Coordinators

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Target Audience

Addiction Counselors

Clinical Nurse Specialists

Counselors

Marriage & Family Therapists

Nurse Practitioners

Nurses

Occupational Therapists

Occupational Therapy Assistants

Other Mental Health Professionals

Pharmacists

Psychologists

Psychotherapists

Social Workers