

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

NOVEMBER 2020

On behalf of Kathryn Wetzler, PsyD

**A NOTE OF GRATITUDE**

In this season of thanks, The Mental Health Training Program would like to extend our heartfelt gratitude to all our trainees and

training faculty who have made the start of this training year so successful. Even amidst challenging circumstances, including on-boarding nearly 200 new trainees fully remotely during a pandemic, we've been so impressed by your flexibility and teamwork as we start this memorable training year.

UPCOMING REGIONAL SEMINARS

One of our priority initiatives as a training program is to provide cutting-edge trainings and didactic opportunities for our trainees. Towards this effort, we continue to put together an exceptional lineup of speakers on a host of timely topics. Next month, we will be hosting Dr. Kristin Neff for a seminar focused on self-compassion. Dr. Neff's groundbreaking research on the power of self-compassion has positively impacted so many lives, and we are honored to be bringing her in to present to our trainees and staff. Then in January, we will be joined by world-renowned health psychologist Dr. Kelly McGonigal. Dr. McGonigal's TED talk has had more than 25 million views, and she has written 3 best-selling books focusing on stress, neuroscience, the benefits of exercise, and willpower. These trainings will be presented remotely, with CE's available to staff who register and who attend the live event. For those unable

to make the live events, we'll be recording these seminars for your viewing, however CE credit is not currently available for recorded seminars.

**MENTAL HEALTH TRAINING PROGRAM
CONTINUING EDUCATION PROGRAM**

We are pleased to announce that in the coming months we expect to be able to provide CE credits for our recorded didactics (rather than only for our live seminars). We've been putting together an extensive catalog of over 200 hours of recorded content on a variety of topics, which will be available for CE credit for licensed staff and learning opportunities for our trainees. A special shout out to Chelsea Vilinskas who has been helping us out and doing an incredible job on this project!

**WELLNESS & PROFESSIONAL DEVELOPMENT
INITIATIVES FOR ALL TRAINEES**

As some of you are aware, Dr. Micaela Birt has taken over as a regional Outreach and Wellness Liaison and is putting together some amazing initiatives for our trainees across the region. In addition to monthly professional development events, Dr. Birt is organizing quarterly wellness events for all trainees. Stay tuned for details as they emerge.

BRIGHT SPOTS

Congratulations to our very own Maggie Mullen, whose upcoming book "The Dialectical Behavior Therapy Skills Workbook for Psychosis" will be released in February 2021. Congratulations Maggie on an amazing accomplishment!

UPCOMING REGIONAL SEMINARS**Tuesday, December 8th****The Power of Mindful Self-Compassion****Dr. Kristin Neff**

1:00 PM-5:00 PM

*(registration open)***Tuesday, January 12, 2021****Dr. Kelly McGonigal**

1:00 PM to 5:00 PM

(registration to open soon and topic will be finalized)

To Register for our Regional Seminars please visit our website at:

<https://mentalhealthtraining-ncal.kaiserpermanente.org/seminars-and-conferences>

