HAPPY HOLIDAYS!
As we wind down a tumultuous and challenging 2020, the Regional Mental Health Training Program would like to wish you very Happy Holidays, with better times ahead in 2021. You have all worked so hard on behalf of our programs and members, and we are sincerely grateful for all that you do.

UPCOMING REGIONAL SEMINARS
As many of you know, the Regional Mental Health Training Program aims to deliver cutting-edge trainings and didactics for both our trainees and faculty. Our exceptional lineup of speakers has already included the likes of Kenneth Hardy and Kristen Neff this past fall.

As the calendar turns to 2021, we will be hosting world-renowned presenters who will provide trainings in the coming months. In January, we’ll be joined by best-selling author Dr. Kelly McGonigal, who will explore the role of exercise and movement in mental health. Dr. McGonigal’s TED talk has been viewed more than 25 million times, and we are excited that she’ll be sharing her expertise with us next month. Then in March, we will be joined by Dr. Dan Siegel, a pioneer in the field of Interpersonal Neurobiology who has written numerous best-selling books and presents internationally.

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. Stay tuned for more exciting talks that will be coming in 2021!

CONTINUING EDUCATION PROGRAM
In addition to our live trainings, we have been working on putting together a catalog of over 200 hours of recorded content on a variety of topics. These have already been made available to our trainees for the purpose of learning, but we are pleased to announce that we will soon be able to provide free CE credits for staff through these trainings. There is a variety of trainings including some “How To’s” that can support the onboarding of provider staff in HealthConnect etc. In the coming weeks, we will be rolling out this library of content, which will allow us to provide CE credits for asynchronous trainings done remotely.

BRIGHT SPOTS
The Mental Health Training Program was a Gold Sponsor for the Evolution of Psychotherapy Conference that was recently held in December. This conference is considered by many to be the premier conference in the world of clinical training and draws internationally known speakers on a wide range of topics. Our virtual booth was a big hit, and we were able to share information about our training programs with many attendees.

https://mentalhealthtraining-ncal.kp.org

UPCOMING LIVE SEMINARS

Tuesday, January 12, 2021
Joyful Movement through exercise and movement in mental health
Dr. Kelly McGonigal
1:00 PM-5:00 PM

Thursday, March 11, 2021
Interpersonal Neurobiology: The Social Brain and the Embodied Relational Mind
Dr. Dan Siegel
1:00 PM to 5:00 PM (registration to open soon)

To Register for our Mental Health Training Program Regional Seminars, visit our website at https://mentalhealthtraining-ncal.kaiserpermanente.org