

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

January 2022

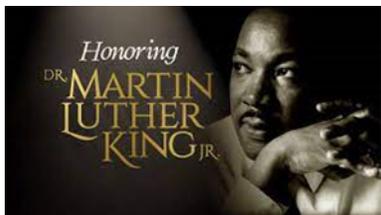
On behalf of Kathryn Wetzler, PsyD

HAPPY NEW YEAR TO ALL

As the calendar turns to 2022, the Mental Health Training Program would like to wish you a very happy and healthy new year. Though the COVID-19 pandemic continues to be



present in our lives, we are grateful that between the widespread adoptions of vaccines and the influx of effective therapeutics, the coming year will continue to move us closer towards a return to normalcy. Despite the challenges we're excited to make this year a memorable one.

FOCUS ON EID

We would like to remember Dr. Martin Luther King, Jr.'s celebration of his life and legacy of hope and healing in America. Legislation for Dr. King's holiday was first introduced four days after

his assassination (1968) and signed into law in 1983 by President Ronald Reagan. The theme and call to action, for 2022 is "It Starts with Me: Shifting Priorities to Create the Beloved Community." We encourage you all to apply this call to action in ways that are accessible for you. Some examples may be increasing your understanding and allyship for underserved/underrepresented communities; becoming an active member or leader in your community; finding ways to support AAPI communities impacted by the increase in crimes; looking at KP Cares for opportunities to volunteer and much more! (visit: The King Center | The Center for Nonviolent Social Change(<https://thekingcenter.org>))

UPCOMING WELLNESS EVENTS

We would like to thank our Wellness Liaisons Micaela Birt and Nishita Berla for bringing outstanding programming to our trainees. In the coming months we'll continue to host monthly events focused on professional development, wellness, and of course some fun as well. For scheduled events visit our MHTP Website (Meetings, Events & Conferences).

**REGIONAL SEMINAR UPDATES**

This fall, we were honored to host several outstanding nationally renowned speakers for our Mental Health Training Program Speaker Series. These included well-known presenters like Ken Hardy, Alex Korb, and Lambers Fisher. In 2022, we are pleased to be hosting even more of these trainings, and will be joined by the likes of Allison Feduccia, Richard Tedeschi, Elissa Epel, Elliott Connie, and more. We look forward to exposing you to a wide range of cutting-edge topics to expand your skill set and contribute to your professional growth.

ONLINE CE LIBRARY

If you haven't yet done so, be sure to check out our Continuing Education Lecture Library, which contains dozens of recorded seminars on a wide range of topics. Whether you're wanting to learn more about a particular therapy or population you've always been interested in or need a refresher on something you're more familiar with, our ever-growing library is a great resource to help expand your knowledge and expertise. (view CE Library on the MHTP website)

**UPCOMING LIVE SEMINARS****Tuesday, January 25, 2022****New Frontiers in Psychedelics and Mental Health****Allison Feduccia, PhD**

1:00 PM to 4:30 PM

Tuesday, March 22, 2022**Posttraumatic Growth: Possibilities for Transformation****Richard Tedeschi, PhD**

1:00 PM to 4:30 PM

Tuesday, April 19, 2022**Solution Focused Therapy for Couples****Elliott Connie, MA, LPC**

1:00 PM to 4:30 PM

(Save the Date: Registration Open Soon)

To register visit the Seminar Registration page on our website at www.mentalhealthtraining-nca.kp.org

