

MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

February 2022

On behalf of Kathryn Wetzler, PsyD

BLACK HISTORY MONTH

This month we're pleased to commemorate Black History Month, which lifts us up and exemplifies the diversity that the Mental Health Training Program holds dear. Now more than ever, we strive to recognize the vast contributions of Black Americans to the American experience, and to celebrate the innumerable ways that our country and culture have been shaped by these efforts. Let's join in paying tribute to the incredible individuals whose courage and perseverance have helped shape a more perfect union and take time to reflect on how systems of harm and oppression have often stood in the way of progress. We believe it is important as a training program to take a pause and look inward to ask what we can do to better confront racism and inequality, as well as take part in making this world a happier, healthier, and more peaceful place. We encourage you to have discussions about Black History Month, as well as your challenges, successes, best practices, and find community while also highlighting the realities of our very important and meaningful work within your local supervision cohorts and regional consultation hours.



FOCUS ON EID

We would like to acknowledge celebrations within the month of February including Black History Month and the Lunar New Year (Year of the Tiger). Given Tigers are courageous and active people who love a good challenge and adventure; we challenge our community to embody this spirit to celebrate Black history beyond the 28 days of February. Physical distance does not have to mean social disconnection! You may



even consider learning about significant Black inventors and inventions that are not widely acknowledged.

We also express deep gratitude for Patrik Karlsson, LCSW (Director, Richmond) who presented to our NCAL trainees this month on White Privilege. His passion and dedication were felt and greatly appreciated. As a reminder, the EID Liaisons hold monthly consultation hours for training program supervisors/faculty (February 15, 11A-12P) and trainees (February 22, 11A-12P). Please review at our training programs website for all future dates/times.

REGIONAL SEMINAR UPDATES

We've got some exciting upcoming regional seminars that we look forward to hosting. In March, we'll be joined by Dr. Richard Tedeschi, one of the world's foremost experts on the exciting science of Post-Traumatic Growth. Then in April, we'll be joined by Elliott Connie, a renowned leader in Solution-Focused Therapy for a special presentation focused on applying Solution-Focused Therapy approaches with couples.

BRIGHT SPOTS

We'd like to give a shout-out to two of our Training Directors this month for some special accomplishments they've achieved.

Margaret Lamb, LCSW received her Certification in Perinatal Mental Health (PMH-C) from Postpartum Support International. This will serve Margaret well as the Lead Clinician of KP Richmond's Perinatal Wellness Program and has inspired other clinicians on her team to work toward certification.

Maggie Mullen, LCSW achieved DBT-LBC Board Certified Clinician status. Maggie is the first clinician in KP history to pass this rigorous process. Congratulations Margaret and Maggie!

UPCOMING LIVE SEMINARS

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

Tuesday, May 17, 2022

Save The Date!

Elissa Epel, PhD

1:00 PM to 4:30 PM

(registration opening soon)

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

Seminars are open to employees and trainees of Kaiser Permanente

