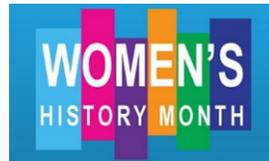


MENTAL HEALTH TRAINING PROGRAM
NEWSLETTER

March 2022

On behalf of Kathryn Wetzler, PsyD

**Women's History Month and
National Social Work Month**

The Mental Health Training Program is pleased to commemorate **Women's History Month** and would

like to honor the incredible contributions women have made to American history, often in the face of hardship and discrimination. These efforts have often gone untold and unappreciated, so please join us in celebrating this part of our shared history. Throughout the COVID crisis, women have continued to be on the front lines comprising so many of our essential workers, vaccine researchers, healthcare providers, educators, childcare workers, and so much more.

We encourage you to reflect on topics related to the importance of women throughout history. It's interesting to note that Women's History Month grew out of a weeklong celebration of women's contributions to culture, history, and society organized by the school district of Sonoma, California, in 1978. In 1980, President Jimmy Carter issued the first presidential proclamation declaring the week of March 8th as National Women's History Week. The following year, the United States Congress passed a resolution establishing a national celebration, and six years later the National Women's History Project successfully petitioned Congress to expand the event to the entire month of March. Today we'd like to highlight the role of women in the mental health workforce. In California, women account for two-thirds of the behavioral health workforce, and we'd like to take this opportunity to express our deepest gratitude to those serving in these important roles.

March also marks **National Social Work Month**, and the Training Programs would like to give a shout-out to our

wonderful social workers who are involved in our programs. We appreciate all of you!

**Kaiser Permanente Mental Health Training
Program at the Psychotherapy Networker
Symposium**

We were honored to represent the Kaiser Permanente Mental Health Training Program at the Psychotherapy Networker Symposium in Washington, DC this month. One of the longest-running mental health conferences in the world, the Symposium brings together renowned speakers and thought leaders shaping the world of mental health today. We'd like to give special thanks to **Ramona Boyd** (Practice Specialist, MHTP) as well as **Jazmin White** (postdoctoral resident) and **Kristen Schriver** (postdoctoral resident) for helping to run our booth in the exhibit hall. **Jonah Paquette** (Assistant Regional Director, MHTP) was there as well, both as a presenter at the Symposium as well helping with our booth.

**REGIONAL SEMINAR UPDATES**

We've got some exciting regional trainings coming up in the next few months that we're excited to share with you. In March, Dr. Richard Tedeschi will be presenting a seminar on the exciting new science of Posttraumatic Growth. Then in April, we'll be rejoined by Elliott Connie who'll be delivering a training on Solution Focused Therapy for Couples. In May, Dr. Elissa Epel will be presenting on building stress resilience and hope for our new era. Stay tuned for more outstanding regional trainings in the months ahead.

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**Building Stress Resilience and Hope
for our new era****Elissa Epel, Ph.D., M.S., M.Phil**

1:00 PM to 4:30 PM

SUPERVISION TRAINING**Tuesday, April 26, 2022****Cultural Considerations in Supervision****Nadine Kaslow, PhD, ABPP**

12:00 PM to 2:00 PM

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

