

JOURNEY OF



A COMMUNITY FORUM ON LIVING MENTALLY WELL



**6-8PM WEDNESDAY
FEB. 6TH**

New Life Community Church
990 James Way, Pismo Beach

This is a free community event with Spanish translation. Enjoy resource tables before the event starting at 5pm, and after the event at 8pm. No childcare will be provided.

Free CEUs offered through SLO County Behavioral Health. Register for CEUs: <https://sloco.wufoo.com/forms/z1rxtdoI0hi14sc/>



Featuring keynote:
ELEANOR LONGDEN

National Institute of Health
Research Postdoctoral Fellow

Dr. Longden draws on her own experiences of recovery from trauma and psychosis to promote person-centered approaches to complex mental health problems that emphasize the lived experience and expertise of individuals more fully. Her specialist research interests are the associations between voice hearing, trauma, and dissociation. She has published and lectured internationally on these issues, including events for the World Health Organization, the American Psychological Association, the Royal College of Psychiatrists, and the British Psychological Society.

Her **2013 TED Talk** on voice hearing has been viewed over 4m times and translated into 37 languages. Dr. Longden is also the author of *Learning from the Voices in my Head* (TED Books, New York: 2013).

FOR MORE INFO CONTACT C CERUSSI@T-MHA.ORG



WELLNESS • RECOVERY • RESILIENCE

CONTINUING EDUCATION UNITS (CEUS)

Registration

Registration Link: <https://sloco.wufoo.com/forms/z1rxtdol0hi14sc/>

Questions regarding registration and CEUs:

Contact Rebecca Redman, San Luis Obispo County Behavioral Health Department
rredman@co.slo.ca.us

Learning Objectives

- Participants will recognize three (3) factors that may be part of distressing life events that are reflected in the content of the voices people hear.
- Participants will identify three (3) published and electronic resources to use for supporting voice hearers.
- Participants will gain confidence in understanding the needs of individuals who hear voices and and learn three (3) person-centered responses to these needs.

Other Info

Questions regarding Accommodations, Grievance, Refunds, or Cancellations:

Contact Caroline Cerussi at ccerussi@t-mha.org for our Grievance Policy & Procedures, Refunds & Cancellations.

County of San Luis Obispo Behavioral Health Department is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for behavioral health professional. County of San Luis Obispo Behavioral Health Department maintains responsibility for this program/course and its content.

Please allow 2 weeks for completion of training and evaluation to receive certificate. County of San Luis Obispo Behavioral Health Department - course meets the qualifications for 2 hours of continuing education credit for MFTs, LPCCs, and/or LCSW as required by the California Board of Behavioral Sciences. Approval #5542 Provider approved by the California Board of Registered Nursing, Provider Number 1857 for up to 2 hours.