

The NSEC is pleased to announce a 2-day Workshop on

## *Mental Health in Emergency*

This workshop is relevant for ERPs, ERNs, Emergency workers and mental health professionals.

Date: March 16-17, 2012.	Location: Al Hayat hospital - Chayyah
Language: Didactic material in English, presentation in Arabic	Workshop fee: 200.000 LBP.
<b>Workshop Agenda</b>	
<b>Speaker</b>	<b>Hanadi Massalkhi, BSN, MSN Psychiatry and Mental Health</b>
Day 1: Friday March 16, 2012 9am-4pm	<p><b>General Concepts of Mental Health and Mental Illness</b> Mental Health Basics, Therapeutic Communication Mental Status Examination, Legal, Ethical, Cultural Issues</p> <p><b>Psychological First Aid (PFA)</b> Definition, History and Goal of PFA, Resilience, PFA Skill Set Psychological Condition of People in Emergencies, Psychological Support Attributes and Skills of Healthcare Provider Do's and Don'ts of PFA, Referrals for Additional Care and Support</p> <p><b>Crisis Intervention</b> Definition, Phases Leading to a Crisis, Balancing Factors Paradigm, Types of Crisis, Levels of Crisis Intervention</p> <p><b>Psychiatric Emergencies/Common Presentations</b> Definition , Epidemiology, Mental Health Triage Tool Self Harm/Suicide Risk, Alcohol Abuse, Substance Abuse, Eating disorders , Chronic pain</p>
Day 2: Saturday March 17, 2012 9am-2pm	<p><b>Behavioral Disturbances/Problems</b> Anger, Hostility, Aggression, Assessment in a Safe Environment De-Escalation/Distracton Techniques</p> <p><b>Special Populations</b> Children and Adolescents, Older Adults, Antepartum and Postpartum</p> <p><b>Stress and Coping Strategies</b> Definitions of Stress, Predisposing Factors &amp; Precipitating Stressors Stress Response, Phases of Stress Reaction</p> <p><b>Helping the Helper: Self Help Techniques</b> <i>Activity: Strengths that Help Protect you in Times of Stress: Purposes of Coping Skills</i> <i>Activity: How do you cope with Stress: Stress Management Techniques</i> <i>Activity: Actions, thoughts, beliefs, personal characteristics or strengths or aspects of your culture that would help you to cope with a stressful situation</i></p>

Registration by fax or online: [www.newhealthconcept.net](http://www.newhealthconcept.net)

A certificate of attendance will be delivered.

For more information, please contact us: NSEC - Fanar - Metn. Tel: 01-888921 | Fax: 01-888922, Mobile: 03-845127 Email: [info@newhealthconcept.net](mailto:info@newhealthconcept.net)