

THE SCIENCE & PRACTICE OF POSTTRAUMATIC GROWTH

*Recognizing Personal and Community Strength and
Growth in the Aftermath of Trauma*



SACRAMENTO
STATE



Register and/or Sponsor:
<https://www.csus.edu/hhs/ptg-conference>



dr. jmf
metahab™



Center for Health Practice, Policy & Research Conference

Harper Alumni Center at Sacramento State
Saturday, April 29, 2023
8:30 AM – 4:00 PM

Learning Outcomes

Join Metahab originator Dr. Joyce Mikal-Flynn, & motivational speaker, mindset expert, & world-class athlete Charles Clark, with a panel of experts to acquire tools to transform adversity & trauma into strength through the development of resilience, compassion, & posttraumatic growth (PTG).

Students, academic & nonacademic staff & faculty, community professional & nonprofessional attendees are welcome. As a result of this conference, participants will be able to:

- Explain the Domains of PTG & identify how adversities, challenges, & trauma influence & cultivate survival, adaptation, & PTG.
- Identify & analyze the neurological, genetic, epigenetic, & psychological aspects associated with resilience, trauma, & PTG.
- Discuss & address trauma-related issues faced by a variety of individuals in their professional & personal lives, including health care professionals, first responders, athletes, & veterans.
- List & apply evidence-based content, practices, & behaviors to support the principles & practices of PTG.
- Identify goals for personal & professional success & acquire skills needed to gain & maintain employment in high-demand sectors, including public safety, healthcare, education, STEM, & tech.

A certificate of attendance will be provided. CHPPR does not seek pre-approval for continuing professional development. Keep certificate as proof of attendance. Check the conference webpage for a list of eligible CEUs or contact your professional organization about eligibility for CEUs.