

Avera Friday Forums: Emotional Recognition and Regulation – How we help our students succeed

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An e-learning course available on the Avera CE Portal

PURPOSE: This educational series is specially designed to educate Nurses, Teachers, Counselors, Social Workers, and other disciplines who work with children and adolescent youth, particularly in the school setting, on behavioral health topics.

During this activity the participants will learn signs and symptoms of mental health disorders, common crises experienced with mental health disorders and crisis de-escalation skills including motivational interviewing techniques.

OBJECTIVES: At the conclusion, participants should be able to:

- a. Recognize the prevalence of childhood maltreatment and the effects on neurodevelopment.
- b. Describe emotional recognition and coregulation
- c. Identify examples of emotional recognition and coregulation for students

Target Audience: Psychiatry, Behavioral Health

All planning committee and presenters have no conflict of interest to disclose related to the content of this presentation.

Enduring material available from 2/19/2020 to 02/28/2021

Avera is an Approved Provider of nursing continuing professional development by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. A total of 1.0 contact hours can be received upon completion of this activity.

Avera, Provider #1029, is an Approved Provider for continuing education by the South Dakota Board of Social Work Examiners. Social Workers will receive 1.00 continuing education clock hours for participating in this course.

The South Dakota Board of Examiners for Counselors and Marriage and Family Therapists has approved this activity for 1.0 continuing education credits. Program #BCE-2019-178.

