STRESSED OUT: UNDERSTANDING AND CONFRONTING STRESS IN OURSELVES AND OUR CLIENTS

Nov. 14
9 a.m. - noon
UNCW McNeill Hall, Room 1051

Learn and discuss what stress is in terms of emotions and cognitive processing, the different forms which it takes and then how to apply a Positive Psychology and Solution-Focused approach to helping with stress and traumatic experiences.

Facilitator: Bob Blundo, Ph.D., LCSW, Professor Emeritus, UNCW School of Social Work