

A One Day Workshop  
\*(6 Continuing Education Credits)

**Saturday November 5, 2005**  
**9-12 & 1:30 - 5pm**

**University of Alaska Anchorage**  
**\*\*BEB 101**

## *Psychological Assistance in Disaster Recovery*

Presented by

***Destiny Sargeant, PhD***

Critical Incident Stress Management Trainer for the  
International Critical Incident Stress Foundation

Association of Traumatic Stress Specialists

Board Certified with American Academy of Experts in Traumatic Stress

Sponsored by:

Alaska Psychological Association (AK-PA)

AK-PA is approved by the American Psychological Association to offer continuing education programs for psychologists. AK-PA maintains responsibility for the program.

\*six (6) continuing education credits will be available to participants who attend the entire workshop.

**\*\* The Business Education Building at UAA is located just west of the Sports Complex and East of the Wendy Williamson Auditorium. It is a new green and white 3 story building. Room 101 is on the first floor.**

## **Workshop Summary**

Disasters, whether large or small, have tremendous impact on the individual, family, community, and state. Since 9/11/01 both lay personnel and professions have become increasingly aware of the often severe effects of disasters on clients and professionals alike. With the recent spate of large hurricanes and the displacement of thousands of survivors nationwide, attention has once again been drawn to how to best assist both the individual survivor and potentially large masses of people and families.

This workshop will focus on signs and symptoms of disaster stress for both survivors and professionals and include intervention strategies for at risk groups including first responders, the elderly and children. Psychological tasks of recovery for both individuals and the community will be explored including long term effects of disaster.

The primary workshop goal is to assist professionals working with clients in direct services to have a greater confidence in their ability to quickly recognize, assess, plan, and implement short term and long term treatment plans and treatment strategies. A secondary goal is to increase awareness in the recovery process for not only the clients but also the providers who often face extreme stress and secondary stress after a disaster.

The workshop is primarily directed to professional providers in direct client services, supervisors, and agency management

## **Workshop Objectives**

- Learn basic strategies for recognizing signs and symptoms of disaster stress in different target populations
- Learn intervention strategies for target populations post-disaster
- Learn about managing psychological tasks for recovery and long term effects on individuals and communities
- Learn essential concepts if involved in on-scene services
- Learn current acceptable standards of care within disaster/trauma work

## **Workshop Schedule**

- 8:30 Registration and coffee
- 9:00 – 10:15 Signs and Symptoms of Disaster Stress  
Risk Groups
- 10:15 - 10:30 Break
- 10:30 - 12:00 Adaptive behavior, personal relevance, resiliency and when to refer  
On-scene scenarios and Incident command knowledge
- 12:00 - 1:30 Lunch
- 1:30 – 2:45 Intervention strategies for target population and self care for providers  
against secondary trauma  
Phases of Psychological recovery and shattered world view  
Long term effects
- 2:45-3:00 Break
- 3:00 – 5:00 Community Management Briefings  
Children’s special needs  
Incorporating displaced persons into homes/communities  
Evaluations

## **About the Speaker**

Destiny S. Sargeant, Ph.D. is a Clinical Psychologist with the South East Alaska Health Consortium (SEARHC) and maintains a private practice in Juneau, Alaska. Dr. Sargeant is also the volunteer Clinical Director of the Critical Incident Stress Management Team in Juneau. She is a certified international trainer with the International Critical Incident Stress Foundation (ICISF) in Baltimore and authorized to teach Basic and Advanced Critical Incident Stress Management and Crisis Intervention. As a former paramedic working in Southern California she specializes in working with trauma survivors, mental health clinicians, law enforcement and first responders. Dr. Sargeant is currently a Board Member of the Alaska Peace Officers Association, and has been an active member of the Coast Guard Auxiliary. She is also currently serving on the Alaska Psychology Occupational Licensing Board. She is certified in EMDR and Thought Field Therapy as adjuncts to treating people with trauma. Dr. Sargeant travels throughout Alaska conducting debriefings and training to champion the cause of Critical Incident Stress Management. At the request of the International Critical incident Stress Foundation, Dr. Sargeant and four members of the Juneau Critical Incident Stress Management Team traveled to Ground Zero in New York. The October 2001 trip provided Critical Incident Stress Management services to over one thousand primary first responders in the aftermath.

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## **Fees and Registration Form**

\*\*\*Please print out this form, fill it in and mail in with your payment to:

**AK-PA**

**P.O. Box 241292**

**Anchorage, AK 99524-1292**

Or fax it with credit card information to **(907) 344-8878**

### **Fees:**

**AK-PA Members - \$100.**

**Non AK-PA Members - \$125.**

**Students (No CEs) - \$25 registration/ +\$5 for handout packet**

### **Registration Information:**

**Name:** \_\_\_\_\_

**Mailing Address (including city, state, and zip code):** \_\_\_\_\_

\_\_\_\_\_

**Contact phone & e-mail** \_\_\_\_\_

**AK-PA member?**    Y        N

**Fee:** \_\_\_\_\_

**Payment:** \_\_\_\_\_

**Check (made out to AK-PA)    VISA    Mastercard**

**Card Number:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_