



## Turning PTSD into PTG: It Will Change Your Life!

*A continuing education workshop, in collaboration with the Department of Nursing, Northern Kentucky University*

**Date/Time:** February 1, 2019, from 9:00am – 4:00pm

**Location:** Cincinnati Airport Marriott, 2395 Progress Drive, Hebron, KY 41048

**Target Audience:** Emergency services providers including nurses, firefighters, police and others.

**Purpose:** To educate emergency service providers about Post Traumatic Stress Disorder (PTSD) including identification of signs/symptoms, treatments and the concept of Post-Traumatic Growth (PTG) after PTSD.

**Presenter:** Dr. David Griffith, Battalion Chief and Director of Training, Charleston, S.C.

**Cost:** \$25.00

**Reservations (deadline January 28, 2019):** <https://www.eventbrite.com/e/turn-ptsd-into-ptg-it-will-change-your-life-tickets-53767863126>

### Objectives:

1. Define PTSD and PTG
2. Identify signs and symptoms of PTS.
3. Discuss impact of repeated exposure to trauma (RET).
4. Discuss triggers in PTS and how they impact the body and mind.
5. Define and discuss maladaptive beliefs (stuck points).
6. Discuss specific PTS treatments and how they differ in different organizations
7. Discuss how PTG changed the lives of those with PTD

### Content

- Define and discuss Post-Traumatic Stress Disorder (PTSD).
- Identify and discuss signs and symptoms of PTSD.
- Define and discuss Repeated Exposure to Trauma (RET).
- Define and discuss triggers in PTS and how they impact the body and mind. Sight, sound, smell.
- Define and discuss maladaptive beliefs (stuck points).
- Give examples of specific PTS treatments:
  - Cognitive Processing Therapy (CPT)
  - Cognitive Behavioral Therapy (CBT)
  - Prolonged Exposure (PE)
  - Eye Movement Desensitization Reprocessing Therapy (EMDR)
- Group activities discussing PTSD and treatments in different types of organizations.
- Define and discuss Post-Traumatic Growth (PTG).
- Provide historical information on PTG.
- Give specific examples of people that have turned PTS into PTG and changed their lives for the better and their chosen profession as well.

**Contact hours:** 6.6 contact hours will be awarded to nurses. Participants must attend the entire conference to obtain contact hours.

Northern Kentucky University has been approved by the Kentucky Board of Nursing as a provider of Continuing Education for Nurses Provider No. 3-0043-12-19-016. Kentucky Board of Nursing approval of an individual nursing continuing education provider does not constitute endorsement of program content.